BENGALURU, SATURDAY, DECEMBER 18, 2021 www.Bangaloremirror.com 16 Pages PRICE ₹3

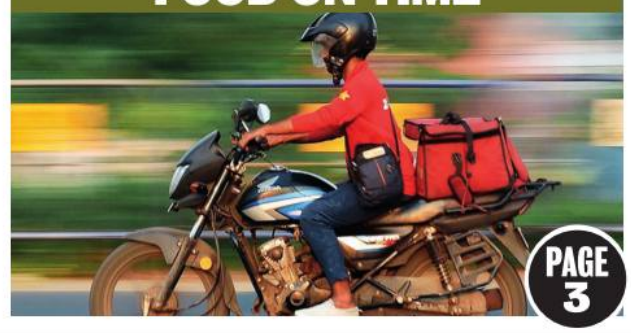
Bangalore Mirror ON SATURDAY

TEMP Max 26 | Min 14 | Humidity 70% Generally cloudy sky Sensex 57,011 | Nifty 16,985 | Gold 48,684 | Silver 62,094 | Dollar 76.06 | Euro 85.82 | GBP 100.93

BENGALUREANS WANT UNIVERSAL TRAVEL PASS TO BE COVID-SAFE

PAGE 2

DON'T RACE TO DELIVER FOOD ON TIME



PAGE 3

KILLING THEM WITH KINDNESS

PAGE 4

Negotiating bad roads is increasingly turning fatal for motorists in Bengaluru amid civic apathy and stretches in perpetual state of repair

DEAD END

Deaths by pothole double in Bengaluru

| Pragna L Krupa
pragna.krupa@timesgroup.com
TWEETS @Pragna_MIRROR

KAUSHIK JN

Deaths by accidents due to potholes in Bengaluru have doubled this year, thanks to the wretched condition of roads, and the apathy of the Bruhat Bengaluru Mahanagara Palike.

From three people last year, the number increased to seven this year, of those who have lost their lives to the bad roads in the city, according to the official data from city traffic police.

This is the highest number of deaths by bad roads reported in the city so far. Police added that many accidents go unreported too.

The city traffic police blamed the bad roads and potholes that have resulted in the increase in the number of deaths in the city. Following several complaints received from the motorists, traffic police launched an initiative to identify potholes and report it to the BBMP, in order to get the roads in question fixed. The traffic police would go on rounds to identify deadly potholes and would take the photographs - tagging the locations - which would be reported to the jurisdictional deputy commissioner of police thereafter.

According to the data shared by the traffic police, in 2020, three accidents including two in Whitefield were reported in the city. No non-fatal cases were reported. This year as many as eight accidents due to potholes were reported out of which seven were fatal and one non-fatal. Police said, in most of the cases, the riders would try to avoid the pothole and fall off the vehicles before another vehicle would run them over.

A senior officer said though they started to identify the potholes for the BBMP to fix, sometimes, the work got delayed due to various reasons, and the pothole would be left unattended.

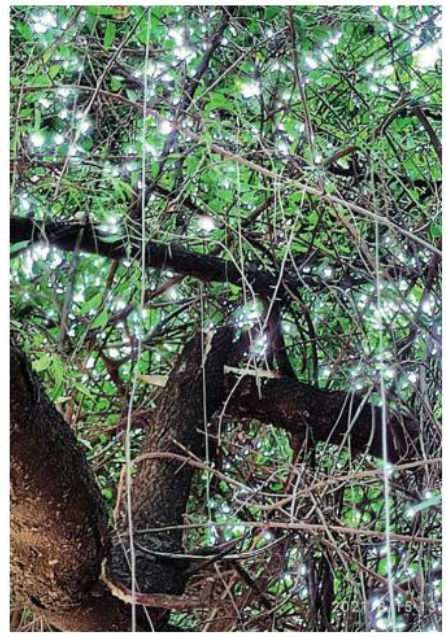
"Whenever we see a small pothole in busy junctions, we immediately alert the BBMP. When it is left for long without a fix, the pothole would become big and the traffic flow at the

CONTINUED ON PAGE 11 »

> **"In Pulikeshi Nagar and Whitefield, motorists fell due to loose mud and half-done work by the civic agency after laying pipelines and wires...."** – KM Shantaraju, DCP, traffic, (East)

'Madness' to method

How fresh guidelines were drafted for pruning trees scientifically



| Bellie.Thomas@timesgroup.com
TWEETS @Bellie_MIRROR

The lush green cover around the Nirody family's house and compound in Shanti Layout in Mallasandra, Jalahalli West, seems to attract undue attention of the civic authorities.

Quite often the agencies are seen pruning the tree branches and plants that are popping out of the Nirody compound.

In November last year, it was the Dasarahalli MLA himself who had sent an intimidating letter to Geetha Nirody, the custodian of the house, warning her to cut off the trees and plants that jut onto the road obstructing the way to a temple. The Nirody family then suggested pruning the hedges scientifically, but things got worse after a few influential neighbours joined the MLA and civic authorities.

"Random persons without ID cards would turn up at the house with chainsaws and earth-movers, and would say they are going to remove the hedges including Bougainvilleas," Geetha Nirody told Bangalore Mirror.

"These men claimed they were from

CONTINUED ON PAGE 11 »

2 THINGS TO DO

01 Just bazaar things

Get ready for a day of food, fashion, fiction, films and music at the Blend Bazaar. The hosts, The Blend Community and The Hub Bengaluru, will be serving their best treats to visitors all day long. The bazaar will feature home grown brands and promises to be the ideal place to finish any last-minute Christmas gift shopping.
When: December 18, 2 pm onwards
Where: The Hub Terraces, Safina Plaza
Entry: FREE

02 Shop conscious

After adding to Chennai's fashion scene and introducing many firsts to them, Lime Soda Pop Up is hosting their second event in Bengaluru. It is set to make a stylish comeback after the lockdown featuring ethical and homegrown brands. The pop up boasts a carefully curated mix of amazing brands.
When: December 18, 11 am to 7 pm
Where: Raintree, Sankey Road
Contact: 9884039303

*T&C Apply. All prices are inclusive of taxes. Refer the App/Website for more details on gold offer. Offers valid only for today and till stocks last. Images used are for representative purposes only and may differ from the actual products. FreshToHome is only a brand name or trade mark and does not represent its true nature.

Bengalureans want universal travel pass to be covid-safe

BBMP Chief says city is following strict practice of allowing only doubly vaccinated to enter malls, cinema halls

Nandini S
mybangaloremirror
@timesgroup.com
TWEETS @BangaloreMIRROR

A file pic of a man getting tested for covid

Is there a plan to introduce a 'universal travel pass' in Bengaluru? With the Omicron scare doing rounds in the city, many are pressuring civic agencies to introduce such a system in Bengaluru. Regarding this, Gaurav Gupta, Chief Commissioner, BBMP, said, "We are following a strict practice where only fully vaccinated people are allowed in cinema halls and malls." Meanwhile, a BBMP official said that if there is a demand, then plans for a system can be discussed.

Meanwhile, the demand for booster doses is also rising. A health official said, "Karnataka is one of the first states in the country to demand booster doses and the centre is yet to take a final call. Look at the recent Omicron cases... Most patients turn out to be doubly vaccinated. Around five Omicron cases reported on Thursday were all of those who had been fully vaccinated. It is best to go for a booster dose at the earliest."

Another health expert said, "We are seeing a massive surge of covid cases in the UK and the British PM has been demanding for booster doses too. This should be a wake up call for us to administer booster doses at the earliest before we see a surge in Omicron cases here."

Meanwhile, the total positivity rate in the state reached a new low of just 0.2 per cent, as per Friday's health bulletin. Karnataka reported 238 new cases of covid and three deaths, which indicates that the total number of infections is 30,01,792 and death toll is 38,282, the health department said.

The day also marked 317 discharges, taking the total number of recoveries in the state to 29,56,405. Of the new cases reported today, 153 were from Bengaluru Urban and the city saw 185 discharges and 2 deaths. Total number of active cases is at 7,076. Of the three deaths reported, two were from Bengaluru Urban and one was from Mysuru.

After Bengaluru Urban, Dakshina Kannada recorded the second highest number of new cases,19. Mysuru recorded 15, and Kodagu recorded 13 new cases. Bengaluru Urban now has a total of 12,59,738 positive cases. Mysuru has 1,80,119 and Tumakuru has 1,21,234. According to the department's bulletin, Bengaluru Urban has a total of 12,37,765 discharges, followed by Mysuru at 1,77,525 and Tumakuru at 1,19,969. Cumulatively 5,50,93,486 samples have been tested in the state so far, of which 1,17,058 were tested on Friday alone.

WHO recommends mix and match booster dose

As demanded by health experts in Bengaluru, the World Health Organisation issued interim recommendations on Thursday for mixing and matching covid vaccines from different manufacturers for both the second dose and booster shots.

Depending on availability, mRNA vaccines, such as those developed by Pfizer Inc and Moderna Inc can be used as subsequent doses after initial doses of AstraZeneca's vectored vaccine and vice versa, the global health body said.

AstraZeneca and any of the mRNA vaccines can also be used after initial doses of Sinopharm's inactivated vaccine, WHO said. Viral vector vaccines contain instructions for making coronavirus antigens, while mRNA vaccines use a code from SARS-CoV-2, the coronavirus that causes covid, to prompt an immune response in recipients. Inactivated vaccines take the SARS-CoV-2 virus and deactivate it or kill it using chemicals, heat or radiation. The guideline has been developed based on advice from WHO's Strategic Advisory Group of Experts on vaccines earlier this month. The recommendation comes after a major study last week. WHO also said the mixing and matching should take into account supply projections, accessibility and benefits, and risks of the covid vaccines being used. The recommendations will be reviewed as more data becomes available, the global health agency said.

BangaloreMirror
Debates over cocktail
To use the same vaccine as booster shot or try a mix-and-match approach? Experts discuss what is the most effective way to keep covid at bay

BM's report published on December 12 on experts' opinions about booster shots, mix-and-match approach

Don't race to deliver food on time

East Traffic police begin with traffic awareness programmes for food delivery personnel who have to sometimes hurry back and forth

Bellie.Thomas
@timesgroup.com
TWEETS @Bellie_Mirror

PIC FOR REPRESENTATION ONLY

Taking a leaf out of the West Traffic Division's book, the East Traffic Division has began aggressive traffic awareness programmes at its police stations, where police officers go to the field to conduct traffic awareness sessions for road users. This they say is a part of the observation of the crime prevention month — usually December. One of the activities to be performed by the traffic police is spreading awareness about traffic rules and road safety norms to the road users.

To start with, they tried the awareness sessions with food delivery personnel who are on the road always. "Since the food delivery personnel are racing against time to earn their livelihood, we don't want to come down on them heavily, instead we thought initially we would educate them, make them understand what the traffic police require of them - they (food delivery personnel) have to follow road safety norms and abide by all traffic rules even if they are riding their own electric bikes or rental ones," said a senior police officer.

Traffic police observe that a large number of food delivery personnel do not heed to traffic rules. "They ride on footpaths, don't wear helmets, sometimes are hooked on to their phone's maps, and most importantly speeding to deliver the food and get their next order. Since electric scooters have no registration plates or no need of helmets, these riders would not stop even at traffic signals. Even if it's red, they just keep going thinking that they are not a part of mainstream traffic - they think they are like a pedestrian or a bicycle rider who don't have to stop. Another dangerous trend is that they ride on one-ways to save their time of food delivery," the officer added.

Groups of food delivery personnel were told that all of their traffic vices are being observed and noted by traffic cops. "Initially they (food delivery personnel) will be informed about the traffic rules, offences, penalties etc., and after the awareness sessions, if they are going to continue committing similar offences, then they will be penalised accordingly," the officer said.

There are 21 traffic police stations in the East traffic Division and each traffic police station will have to report to the DCP (East) Division, KM Shantharaju, on a daily basis, about what awareness sessions happened in their respective jurisdictions. Each of the traffic police station's personnels assigned for the awareness campaign would go to the field and conduct crash courses/sessions of abiding to traffic rules and adopting road safety measures.

The East Division Traffic cops are also aiming to reach out to school students to educate them of traffic rules and road safety norms on a regular basis. The cops conduct workshops for students telling them how they can contribute to or be a part of the system who diligently follow and observe traffic rules and road safety norms. Apart from school students, the cops are also reaching out to college students, groups of tempo and lorry/truck drivers, auto-rickshaw drivers, BMTC drivers and even two-wheeler riders at random. "These awareness programmes happening at each of our traffic police stations on a daily basis is a part of the observation of crime prevention month and this is one of the activities that need to be carried out as per the orders of our head, DG-IGP sir," Shantharaju told Bangalore Mirror.

CID submits charge sheet against Sriki

The Criminal Investigation Department (CID) has submitted a charge sheet against Bitcoin scandal kingpin Srikrishna Ramesh alias Sriki in connection with a website hacking case, police sources said on Friday. According to sources, the police have submitted a 500 pages charge sheet against main accused Sriki and 17 others in a special court.

The police officers explained that the charge sheet containing the information on transaction of money is likely to cause a stir among political circles of the state. The charge sheet has been submitted under IPC section 420, section 43 and 66 of the IT Act. It maintains that the main accused, Sriki , hacked into the government e-portals to manipulate contract processes as per the directions of his contractor friend and another co-accused in the case, sources said. As much as Rs 11.55 crore was siphoned off after hacking into a e-procurement portal. The police who were investigating this case stumbled upon kingpin Sriki involved in hacking three Bitcoin agencies, 10 poker websites and other scams.

The Bitcoin scandal has taken a political turn with Congress making direct allegations on top BJP leaders, including BJP State President Nalin Kumar Kateel in connection with the incident. The scandal has been discussed at the national level by Congress. The Congress is also planning to rake up the issue in the ongoing winter Assembly session at Belagavi and it is expected to create a heated debate between opposition Congress and ruling BJP in Karnataka. **–IANS**

Govt urged to defer BMLTA Bill

The Bus Prayanikara Vedike has urged the State Government to defer the Bengaluru Metropolitan Land Transport Authority (BMLTA) BMLTA bill and hold public consultations.

In a letter to Minister for Urban Development Byrati Basavaraj, the Vedike says, "The BMLTA Bill seeks to create one more state-controlled planning agency for the city instead of empowering the city government to make its own decisions on mobility. Such fundamental issues with the bill cannot be fixed once passed and need to be addressed before it is tabled in the assembly," They wrote that integrated transport planning and management in Bengaluru has been non-existent for decades. "This has contributed towards poor provision of mobility, decline in quality of public transport, increase in congestion, and an unhealthy reliance on massive infrastructure projects which have depleted natural resources like forestry and water bodies. Citizens now regularly deal with a high cost of movement around the city and poor public health," the notification said. **–BMB**

Bescom lineman brought back to life

Bangalore Mirror Bureau
mybangaloremirror
@timesgroup.com
TWEETS @BangaloreMirror

Swift action by Marathahalli police and the doctors helped bring back to life a 26-year-old BESCOM lineman, who was electrocuted in Devarabisanahalli. The lineman was saved after resurrection.

The man who was electrocuted while working in Devarabisanahalli, was rushed to the Sakra Hospital by his colleagues and the Marathahalli police. The incident took place on December 2 and the man is currently recovering at the hospital. Police said that when they took him to the emergency room, there was no heartbeat and the doctors had to give him multiple shocks and medications to resurrect him.

Dr Bevin D'Silva – Head & Senior Consultant, Department of Emergency Medicine, Sakra World Hospital, said, "Ventricular fibrillation is seen in most of cardiac arrest, this can be brought on by heart attacks or electrolyte imbalances most commonly, and in this case it was caused by a sizeable electric shock. Most victims with ventricular fibrillation unfortunately arrive dead in the hospital. The treatment of ventricular fibrillation, ironically, is another controlled "shock" which helps rectify the rhythm. The team worked for around 90 minutes, correcting various imbalances in the pH of his blood, electrolytes etc. and put the patient on advanced life support. Subsequently a tightly controlled temperature drop was initiated in the emergency department itself to further improve the preservation of brain function."

Police said that he was kept in the ICU and has now been shifted to general ward and is out of danger.

Dabur
ROGHAN BADAM SHIREEN
Get Dabur Honey Free With
Dabur Roghan Badam Shireen
BENEFITS OF 100% PURE BADAM OIL
Healthy Mind
Helps keep body warm in winters
Strong Hair
Soft Skin
ROGHAN BADAM SHIREEN
BADAM TAIL
FREE Dabur Honey 100g worth ₹62/-
FREE# 100g Dabur Honey of ₹62*
*With 100ml pack. T&C apply. #Offer valid till stock last, stock available without offer as well. Dosage & Directions as per the Label.
Dabur Arogya: For Free Consultation with Doctor, Call - 1800-103-1644(Toll Free).

Killing them with kindness

BBMP says monkeys fall from buildings, get severely injured as residents feed them, attract them to apartment complexes but others sedate them to drive them away

Melvin Mathew
mybangaloremirror
@timesgroup.com

TWEETS @BangaloreMirror

File pic of monkeys on what looks like a compound wall. Inset: Pic of another monkey on a tree with a cold drink, possibly stolen from a home

While they are attracted to homes by people wanting to feed them for religious purposes, those who do not want them around act violently towards the animals

Monkeys are constantly spotted in apartment complexes in the city, looking for food. It could be said that they're haunting places that used to be their home before urbanisation took over their natural habitat. Due to this, numerous cases of monkeys injuring themselves by falling from buildings have been reported. As per BBMP people's habit of feeding wild animals only fuels this menace.

A bonnet macaque was recently brought to PfA Wildlife Rescue & Conservation Centre due to a fractured humerus bone. Usually, monkeys endure such fractures due to falling from buildings or getting electrocuted at apartment complexes. Usually, such falls cause monkeys to fracture their humerus bone (part of upper limb) and ulna bone (part of forearm).

"After taking a digital x-ray, very thin intramedullary pins are inserted into the medullary cavity. The pins go through the broken pieces and are kept there until calcification. In more severe cases, a bone plate is attached along with the pins for additional support. The regrowth of the bone is constantly checked every 10 to 15 days to decide when to remove pins. Usually, after 45 to 55 days the bone heals completely. In case it's still brittle, we add a plaster cast for a few days more," said Dr Nawaz Sharrif, Chief Veterinarian at PfA Wildlife Rescue & Conservation Centre.

Once the bone heals completely, it goes through some mobility exercises before it is released into the wild again. At least 10 to 15 cases are brought to the hospital every month. Such cases are quite common. Currently, the PfA is nursing four injured monkeys.

"Monkeys are injured due to various reasons. They get chased by dogs and fall from trees due to panic or due to accidents on NICE Road, or by getting electrocuted while swinging from cables, and falling from apartment buildings," Sharrif said.

Experts told BM that residents of apartment complexes act hostile towards monkeys when they start becoming a menace. There have been cases of people bursting crackers, hitting the animals with sticks and some are even dosed, sedated

"In our observation, all conflict begins with human intervention. A section of these people will feed monkeys due to religious beliefs and when they start making a ruckus, they are given sedatives or are poisoned. Monkeys can't just fall from buildings, they are usually dosed," said B Reddy Shankar Babu, Special Commissioner for Lakes and Forest, BBMP.

Due to food shortage in their now sparse habitat and the availability of excess food in urban localities, monkeys are also prone to becoming regular visitors here. Experts suggested that residents must stop feeding monkeys. "If you don't feed them for a couple of days, monkeys will go away," said Dr Sharrif.

DCF Govinda Raju noted that monkeys also tend to loiter around old temples. "Usually temples will also have a surplus amount of food lying around and easily available for monkeys to snatch," he added.

BangaloreMirror

Macaques are drawn to the city due to loss of habitat and food availability. Unaware citizens who feed the animals are now requesting to relocate them

MONKEY SEE MONKEY DO

Relocating wildlife is against law

BM's report on October 7, discussed residents demanding relocation of bonnet macaques due to increase in their population

While in the wild, monkeys have to work for their food, the easy accessibility of food lures them to these spots. To stop residents from resorting to violence BBMP has urged citizens to call the 24X7 available zonal centre's number to report monkeys. A dedicated group of trained animal rescuers will be dispatched to the location to rescue and capture the monkey as per guidelines.

"We are also planning to start a dedicated task force with a proper team to rescue non-injured monkeys from urban habitats and release them back into the wild. We are currently surveying the right green cover for this purpose, I have already given the green signal for the purchase of vehicles for this purpose," added Babu.

BBMP does not have the authority to simply capture and release a group of monkeys and has to take the permission of Wildlife Warden for each case.

Babu added that rescuing and relocating monkeys is a very complex process. "We can't leave the monkeys in the jungle immediately. Having gotten used to the processed food and with persistent feeding, these 'urban' monkeys have lost the ability to forage their food. We know of cases where after relocation, these monkeys starve to death. We have to make sure there is a sufficient amount of food for them until they get adjusted in the span of 3-4 months," he said.

He explained that even if they manage to find food, they still have to account for territorial fights with native monkeys which also could endanger their survival.

BBMP relocates monkeys to Devarayanadurga forest in Tumakuru district and Sangama Wildlife Sanctuary near Kanakapura. However, the move has always been met with resistance from villagers from the area who complain of urban dwellers dumping their problems onto villagers which often leads to the destruction of crops and property. According to an official, there is a proposal being floated to relocate monkeys to Shivamogga forest as well.

To deal with unplanned urbanisation and increase forest cover, BBMP has been taking various steps. "Wherever it is possible, we are trying to develop biodiversity parks. But people often display resistance stating that they want a garden instead. We need to create designated safe spaces for animals that will be unaffected by human intervention," said Babu.

However, DCF Raju noted that there is no space for large-scale expansion of green cover. "Plantation work is being implemented in Turahalli Forest and JB Kaval Forest and existing trees are being protected," he added.

whatsapp MIRROR
9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Cable issues
Vidyaranyapura

A pipe chamber was laid by a network provider on 3A Main in 6th Block, in BEL Layout. It has been 15 days since but the road has not been restored.

Creative wires
Palace Road

This pipe, literally pulled out of the ground, is a work of art. Aside from the humour one may see in this, it is quite a dangerous arrangement.

Dust, debris
Commercial Street

Debris from civic works are scattered on the street, causing inconvenience to pedestrians and shoppers.

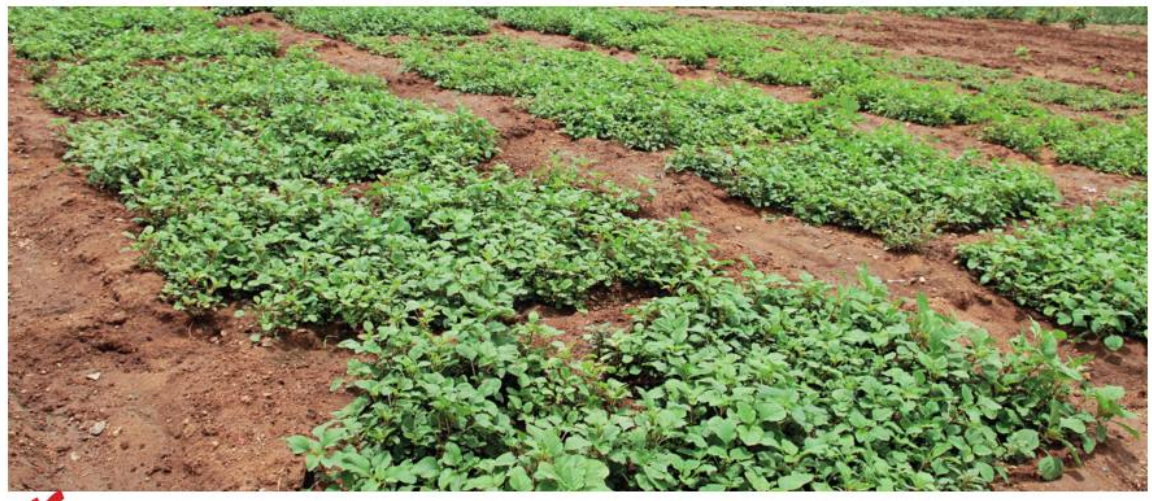
How green is our farmland: When B'luru takes to farming

The latest trend catching up with Bengalureans is investing in farmlands. Owning a farmland has many advantages. It not only provides a green and stress-free environment but also acts as a potential investment for those who want to invest in property in the future.

"Many buy farmlands that can be perfect getaways to be with family. More than that, one can experience the joy of farming and growing your own food. In fact, there are options of leasing or renting farm lands as well," said a city-based property consultant.

Kumar Gaurav, a property expert said, this trend has caught on post-covid. "Covid has taught us many lessons, one of which is that we can stay and work from anywhere. Earlier, people wanted to buy property close to school or office so they don't have to travel. But, now with things going online, there is a change in mindset," he said. According to him, this has changed the way people are buying property.

"Now, one doesn't want to stay in the heart of the city where there are always traffic jams coupled with sound pollution. So, there is higher demand for properties on the outskirts, especially to own farm land. Now, one can have a farm land and a home or an office alongside. We are getting a lot of inquiries about farmlands," he said.



"It is truly a great experience to live amidst greenery where we can plant the saplings of our choice. I am also happy that I am contributing to increase greenery as I am trying to plant more and more saplings

Shamita Suresh, a structural engineer said, earlier, they used to get inquiries for constructing houses in the city. "Now people are looking at farmlands as a long term option. As there is no space inside the city, many cannot construct a dream home of their choice as everything has to be crammed in a small space. In case of farmlands, people can envision their dream," Shamita said. According to Shamita, this also gives them the space to build bigger houses and to go for landscaping and have gardens. "As the outskirts of Bengaluru especially those in Kanakapura areas have lot of greenery, property owners feel as if they are living a life of green luxury," she said.

Guru Kiran, a techie said is a happy investor in one such farmland. "I recently bought a farm land near Kanakapura Road. The best feeling is that I am free from air pollution. It is so serene. It had been my dream to own a farmland and now I am truly enjoying it. As there is good mobile connectivity, I work from here. Working in nature is a stress-free experience and has also increased my productivity," he said. He said his son too is enjoying studying online from the farm. "I feel farmlands will be the future investment option for many. Many of my friends too are now looking at buying such a property. It is a great experience to live in greenery where we can plant the saplings of our choice. I am also happy to contribute towards increasing greenery."

Abdur Razzaq, a property dealer said, "Investing in property is the best investment as it provides the best returns in the long run. Now, many are investing in farm lands. This looks like the future for property buyers as more and more Bengalureans are now inclined to own a farm of their choice. Many also want to own a small portion of agricultural land so that they can be part time farmers and grow their own food."

Buy a resort themed Farmland at Unbelievable Price
AYUSH
AMRUTHAVARSHINI
Just 45km from Bengaluru
Only 3 km from Kanakapura Town
A perfect weekend gateway to be with your family at your own farmhouse
Experience the joy of farming and grow fruits & vegetables
Earn sizeable profits by Leasing/renting your Farmhouse
Buy lands now and turn it into assets worth a fortune for your future generations.
Best suited and feasible for people under work from home category
Organic Farming, Floriculture and Acquaculture can be highly rewarding here
Farms with good yields of Coconut, Mango Betelnut, Pepper and Teak awaits you
All photographs are shot at the location
Free Clubhouse Membership for all buyers
Clubhouse Amenities
Swimming Pool
Gym
Yoga center
Kids Play Area
Mini Zoo
20+ World class amenities
Launch offer
Free Dubai Trip
for a Couple on purchase of minimum 10 Guntas of land.
www.ayushamruthavarshini.com
79966 66668
For more details

Understanding what sustainable design is

Being sustainable involves every facet of design thinking. It calls for a holistic understanding of the design process — from conceptualisation to execution. In general, incorporating sustainability means that we need to be conscious of our actions and evaluate their implications. There is a perception that sustainability automatically translates to high costs and expensive infrastructure. But, it is primarily simple design interventions that can enhance the experience and quality of living and working.

A sustainable building is intrinsically cheaper to build and run. So, it is incumbent on the design community to convey the benefits of sustainable design to its clients.

Although the word has gained a lot of traction in the face of the pandemic and the climate crisis, the tenets of sustainable building are not new to us. Our subcontinent is home to a tapestry of rich cultural heritage and traditional building wisdom that give us a repository of practical ways to control our carbon footprint. The fundamentals of a climatologically sensitive design can be derived from these building principles. The idea is to keep it simple and frugal.

Building orientation, shading, optimal wall-to-window ratios, sufficient daylight penetration and cross ventilation are time-tested climate-appropriate techniques we can continue to integrate into the architecture of our homes.

Taking into account the lifecycle of materials, reusing materials and architectural elements, and using natural and locally sourced materials instead of imported materials that carry embodied energy helps minimise consumption. Technology and material advancements have provided us with additional tools to develop low impact, future-friendly homes.

— Sidhartha Talwar, co-founder, Studio Lotus for Times Property

Golden Opportunity to Buy Affordable Price Sites

SAI VASTAVA
2nd Phase
Nelamangala

20X30 Site Just
₹4.25
Lakhs Only

@ TAVAREKERE
DC Conversion
'E' KHATHA

20X30 Site Just
₹6
Lakhs
Only

With all Basic Amenities & Facilities
Ready to Register, Ready for Construction

RERA No.: PRM/KA/RERA/1251/310/AG/200605/001878

SSDP
A Tradition Of Trust

Sri Sai Developers and Promoters
Call for Free Site Visit
7676 200 999

Everybody wants a piece of the property pie here

Plots in Nelamangala-Tavarekre-Magadi road are turning out to be hot favourites because of their connectivity and amenities

Many areas on the periphery are seeing a big boom in property market and one of the hotspots are plots near Nelamangala-Tavarekere and Magadi roads. Many property buyers and potential investors are eyeing this area as they offer a host of advantages as compared to other areas.

"Let me tell you that property investment is a life time investment for many. So, many factors are considered before investing in the property. The properties in and around Tavarekere offer budget properties as there are many affordable properties which is the big plus point. For those who are tired of the hustle and bustle of the city, they want to make their next home where there is less traffic and more greenery. So, this criterion is met here as there is a lot of greenery and anyone coming to these places will fall in love with the serene localities here," said Satish Gowda, a property developer. He said the properties here are also very well developed so that people can easily come and start building their homes.

Harish S, a resident of Nelamangala said, "Nelamangala was once considered as a distant suburb of Benglauru but it is now turning out to be the prime location for property buyers. Many of the property buyers who plan to own a plot or build a house are now eyeing Nelamangala for various reasons." He said the realty developers of Nelamangala feel that the areas in north west of Bengaluru have a number of favourable factors which are attracting the property buyers.

Nelamangala is also connected by a train, now, many are taking trains to reach the city thereby avoiding the busy traffic on the roads

Even property buyers and developers agree that connectivity is a major plus point for the buyers.

Currently, the Metro network has been extended till Bangalore International Exhibition Centre (BIEC) on Nelamangala road while there is a plan to build Metro till Kadabagere on Magadi road. As the construction work is nearly complete, the BMRCL is now planning to throw open this project by next year. Once the Metro line is open, then it will be easier for the locals to travel to Majestic, Kanakapura and Mysuru roads easily. As there are plans to connect the Metro network to the airport, the locals can take a train towards the airport as well. The Metro connection to Whitefield and Electronics City is also movin along at a fast pace and hence the locals can take a train to their workplaces via Metro train. There are also plans to extend the Metro network from BIEC towards Nelamangala in the future phases.

NICE road is also a big plus point. BMTC is currently operating services via NICE road which is a boon for the residents of Electronics City and Whitefield and this helps the people avoid the city traffic to reach the tech campuses. As Nelamangala is also connected by train, now, many are taking trains to reach the city thereby avoiding the busy traffic roads. If you stay in other parts of the city, probably, you may not have so many commuting options to reach offices. So, the buyes prefer to invest their hard-earned money in Nelamangala. **—BMB**

2, 3-BHKs are popular amongst home buyers

2 or 3 BHKs have emerged as the most desired configuration across metros as they fit right into buyers' budgets as well as pandemic-induced space requirements

Annabel.Dsouza
@timesgroup.com
TWEETS @BangaloreMIRROR

With the recent pandemic mutants casting a shadow over the cheerful year-ending mood, aspiring home-buyers are once again divided along the budget versus space debate. If recent demand-supply trends are anything to go by, 2-BHKs are the most supplied units across major markets in the country as they meet both, demands of space and budget.

Sharad Mittal, CEO, Motilal Oswal Real Estate, says, "People choose their homes keeping in mind future needs and growing family necessities. So, 2-BHKs are more popular than 1-BHKs. With work-from-home becoming a necessity during the lockdown and a hybrid working model becoming popular now. Demand for larger homes with ample space for managing home and work-related activities has increased. The need for extra rooms for people working from home, sick family members, and children's online classroom has also driven up demand for 3-BHKs today. People have even moved towards peripheral locations to buy larger homes, which are more affordable than locations in the city centre."

Intelligent design

Today's discerning home-buyers are looking out for intuitively designed homes that cater to all present and future needs of their families. Explaining this change in mindset, leading Mumbai-based developer Ram Raheja says, "In a 2-BHK apartment, home-buyers seek multifunctional spaces depending on their requirements."

Elaborating on how developers are optimising 2-BHKs to accommodate various needs, Ashish Narain Agarwal, founder and CEO, PropertyPistol, an online real estate advisory, shares, "Recent launches have seen space efficiency through reduced passage areas, increased storage capacity, converting balcony into a smaller room, and other design tweaks. Developers are also including amenities in their projects such as co-working or comfortable workspaces at an additional cost within project premises."

Meaningful amenities

Gone are the days of vanilla amenities like swimming pools and gyms; today's buyers want value-for-money in the amenities offered along with their 2-BHKs.

"The pandemic has emphasised the importance of home-ownership and fuelled demand for large homes with top-of-the-line amenities. With people being confined to their houses for long periods of time post-pandemic, the demand for homes with ultra-modern amenities will definitely surge. Until now, clubhouse, swimming pool, and parking spots were the general amenities provided. Along with these, today's buyer wants add-on amenities like pet-friendly corners, open terrace or rooftop areas to plan social gatherings, EV charging spots, medical centres, movie theatres, day-care and enrichment centres for kids. Also, smart home technology is a key project differentiator today. Home-buyers are looking for the latest smart home technology to control their energy costs, communicate with their loved ones easily, or just simply secure their homes," observes Raheja.

All these trends prove that our homes are not only about a roof over our heads, but also the quality and standard of life that buyers wish to offer their families. Hence, make sure your 2-BHK is well-designed and space-optimised, and also comes loaded with amenities that suit your needs and aspirational lifestyle.

—Times Property

BBMP & RERA APPROVED

PRM/KA/RERA/1251/309/PR/211209/004576

stavam
2 & 3-BHK | G+3 FLOORS

Yelahanka, ISRO Layout Phase II

LUXURIOUS 2-BHK APARTMENTS START @ JUST

₹ 33.07 LAKHS*

Near BMS Institute of Technology

PARTY HALL · COVERED CAR PARKING · AC PROVISION FOR MASTER BEDROOMS · POWER BACKUP · GYMNASIUM · SWIMMING & TODDLERS' POOL · CHILDREN'S PLAY AREA · RAIN WATER HARVESTING · ELEVATORS · LANDSCAPED GARDEN · PROVISION FOR INTERCOM · SEWAGE TREATMENT PLANT · SURVEILLANCE CAMERA · and many more...

PRM/KA/RERA/1251/446/PR/190130/002312	PRM/KA/RERA/1251/309/PR/201106/003686	PRM/KA/RERA/1251/446/PR/190722/002710	PRM/KA/RERA/1251/446/PR/210312/004002	PRM/KA/RERA/1251/308/PR/201201/003733	PRM/KA/RERA/1251/309/PR/181122/002151	PRM/KA/RERA/1251/309/PR/180120/001878
SKYGRAND	SONATA NEST	SOVEREIGN	SKYSHUBHAM	SAHARA	SYNERGY	SKYCITY
2 & 3-BHK, G+12 FLOORS	2 & 3-BHK, G+3 FLOORS	1, 2 & 3-BHK, G+4 FLOORS	2 & 3-BHK, G+14 FLOORS	2 & 3-BHK, G+4 FLOORS	2 & 3-BHK, G+3 FLOORS	3-BHK, G+19 FLOORS
HORAMAVU	TUMKUR ROAD	KITHAGANUR	K R PURAM	SARJAPURA	YELAHANKA	THANISANDRA MN RD
₹ 56.83 - 78.81 Lacs#	₹ 29.27 - 45.54 Lacs#	₹ 30.36 - 56.27 Lacs#	₹ 39.36 - 65.42 Lacs#	₹ 31.00 - 38.96 Lacs#	₹ 35.16 - 57.20 Lacs#	₹ 1.11 - 1.37 Crores#

Prices mentioned are base price and may vary with dimensions, floors, and availability. Brand names mentioned in this advertisement are for demarcation & not for promotion. Travel time may vary as per the route followed. For more details/information about the projects, visit: www.rera.karnataka.gov.in

8880 465 465

ಡಿಎಸ್ ಮ್ಯಾಕ್ಸ್ www.dsmaxproperties.com

Presenting, the cyber policeman of the year

Our own DySP Cybercrime KN Yeshvanthakumar has bagged this honour for work in a child sexual abuse material racket

Bellie.Thomas
@timesgroup.com
TWEETS @Bellie_Mirror

This is yet another feather in the Karnataka State police's cap. Deputy Superintendent of Police (DySP) Cybercrime, Criminal Investigation Department (CID) Karnataka KN Yeshvanthakumar has been awarded the country's Cyber Cop of the year for his meticulous investigation involving a child sexual abuse material circulation racket. The officer not only conducted a thorough investigation using digital forensic tools and techniques to correlate evidence which led to the arrest of the accused, but also seized the child sexual abuse material from the accused.

The chief guest at the Data Security Council of India DSCI-NASSCOM Annual Information Security Summit (AISS), Ajay Prakash Sawhney, Secretary to the Government of India Ministry of Electronics and Information Technology announced the award for KN Yeshvanthakumar on Thursday.

The jury of the AISS had short-listed on three top cyber-crime police officers in the country who were Ankush Mehra, Dysp, Special Task Force (STF) Uttarakhand, KN Yeshvanthakumar, DySP Cybercrime CID Karnataka, and Ramesh, a police inspector at a police station in Chittoor in Andhra Pradesh.

According to the jury, Yeshvanthakumar conducted a thorough investigation using digital forensic tools and techniques to coorelate the evidence and this led to the arrest of the accused person who was distributing child sexual abuse material through social media platforms. Yeshvanthakumar was also successful in seizing child sexual abuse material from the possession of the accused, and charged the accused under section 67 of the Information Technology Act along with other appropriate sections under the Indian Penal Code.

"I feel it's a great honour to be selected for this prestigious award. Recognition in the form of such awards will surely motivate and inspire many to further improve their investigation skills. I take this opportunity to thank all the

KN Yeshvanthakumar

senior officers who have guided me throughout my career, and I dedicate this award to the entire Karnataka Police," Yeshvanthakumar said.

The award from the Law Enforcement Segment of DSCI is to recognise and honour an officer who has done the most outstanding investigation in solving a cybercrime, and also to recognize and honour the state police agency for efforts made in overall capacity building through workforce development, investigation and forensics capability development, skill enhancement through trainings & workshops etc, the DSCI website stated.

The DSCI is a not-for-profit, industry body on data protection in India, setup by the NASSCOM, that is committed to making cyberspace safe, secure and trusted by establishing best practices, standards and initiatives in cyber security and privacy. To further its objectives, DSCI engages with governments and their agencies, regulators, industry sectors, industry associations and think tanks for policy advocacy, thought leadership, capacity building and outreach activities.

"I feel it's a great honour to be selected for this prestigious award. Recognition in the form of such awards will surely motivate and inspire many to further improve their investigation skills –KN Yeshvanthakumar

Sports university in the offing

The State will soon have a sports university and the State Government is currently finding land suitable for the proposed university. According to Minister for Sports and Youth empowerment KC Narayana Gowda there was a proposal for a Sports university and many district administrations have offered a proposal to host the dedicated university.

Industrial land cannot be used for real estate purposes

Meanwhile, the state government will recover lands allotted to more than 500 industries for not starting their ventures even after several years of sanction, Large and Medium Industries Minister Murugesh R. Nirani announced in the Legislative Assembly here on Friday.

Replying to Congress MLA NH Shivashankar Reddy's query in the Assembly, Nirani said the government has already identified the allotted lands where industries have not been started even after five to 20 years of sanction, and those will be recovered.

"The sale deeds will not be done till they start the industries in full scale. Also, they cannot use the industrial land for real estate purpose," he said.

The minister also said that 15 per cent of industrial land must be reserved for residential purposes.

Reply to MLA S Ramappa's query, Nirani denied the role of middlemen in the land acquisition process and said that compensation will be paid to the farmers directly.

State Government is busy scouting for suitable land to build the university dedicated to sports

The minister added that the state-level single window agency has approved 16 projects in Harihar taluk with an expected investment of Rs 217.34 crore, which will create 908 jobs.

"Cargill has set up a starch manufacturing unit at a cost of Rs 630 crore and 85 per cent locals are employed there," Nirani said.

—BMB and Agencies

RAJMOHAN SUDHAKAR

EVER CHANGING MOODS

Write to him at c-rajmohan.sudhakar@timesgroup.com

Winter of uncertainty

Another winter has set in. Perhaps no other time, even a world at war, has presented such a harsh season of uncertainties as we are going through at the moment.

The political uncertainty, above all, seems to be the absolute singular obstacle stopping us from reclaiming the seemingly lost ingenuity of human endeavour in the viral fatigue as we prepare to wrap up another pandemic-wretched miserable year.

This is not just an India specific trend you see, but a global pandemic of weakening political will which had set in much before the onslaught of covid-19 — resulting in the utter failure of the ruling class to handhold the poor majority out of penury as often promised in poll manifestoes. Entire families left to fend for themselves unable to tide over the losses of an unforeseen virus-induced mess, that could not have been ever worse than it is now.

Elsewhere, prime minister Boris Johnson stands exposed for organising parties at his number 10 residence while the rest of the United Kingdom was under strict-and-punishable-if-violated kind of covid-19 curbs. Back home, as a special investigation team turns in its report on the horrific Lakhimpur Kheri incident, pointing at a sitting Union minister and his son in a tragedy that saw protesting farmers run over by a vehicle, reformative or punitive action by the dispensation seems highly unlikely, let alone acknowledgement or remorse.

A visibly exhausted Joe Biden, the president of the United States, appears to take cognisance of flailing democratic standards the world over. He is told by commentators to introspect democracy in his own country before virtually hosting 100-odd national envoys in a summit to gauge the state of global democracy — this is, mind you, with representation from so-called repressive regimes. We have not yet forgotten what transpired at the US Capitol.

It is paradoxical that the sitting US president's attempt to 'seed fertile ground for democracies to bloom around the world,' coincides with the 'electoral autocracy' tag designated to India in global reports on the state of democracy.

The economic uncertainty exacerbated by the fallout of covid-19 continues to fuel global unemployment, especially in India where joblessness was already appalling pre-pandemic, highest in the past 45 years or so, as reported back then. While business activities pick up at a slower pace, the surfacing of another variant of concern of the coronavirus did not provoke scientists, policymakers, and the tech giants (yes, the tech giants that are the lone profiteers in the time of a pandemic) to investigate the

Hunters in the snow by Pieter Bruegel the Elder

origins of the coronavirus is suspect given the prospects of selling booster doses, covid-19 pills and such to poorer nations.

Shortchanged of healthcare we are in the global south no doubt where social inequity is upended by private healthcare that charge exorbitant amounts for something as essential as an RT PCR test — Rs 4,500 for one that provides results in a hour, I gather — is the stark reality we are waking up to all of a sudden.

According to ourworldindata.org, in 2017, 14.20% of Indian population was undernourished; 87,60,000 people could not afford a calorie of sufficient diet. 99.58% Indians lived on less than 30 dollars a day. Meanwhile, 9% of the world lived in extreme poverty and 40% of the people in Sub-Saharan Africa still remain in extreme poverty.

The climate emergency and allied crises have ring-fenced us, especially the vulnerable communities living near the coasts in peninsular India and those who depend on our river systems, the seas and the ocean for livelihood, that have been highly unpredictable of late.

A season of pollution once again dawns in the national capital where the apex court is repeatedly warning the administration as schools are forced shut due to unbreathable air.

Perhaps this is a fixture in Delhi because of the geography. It would be unwise to hold anyone responsible than the guzzlers of fossil fuels in the entire nation. The Himalayas in the north just do not let the air travel further trapping the particulate matter over the plains during winter. This is especially true for the cities in the north, for New Delhi or even Shimla where air quality has been not as good as it used to be.

The only choice we have at the moment is to reduce emissions considerably and transition to renewables which at the outset is not easy.

So, the outlook is quite bleak as it is uncertain this winter. That said, here in the garden city, the talking points seem to be focusing on restricting human activity rather than embracing differences in the time of a calamity. When issues that divide citizens, that should not be a priority in these times or any time for that matter are up for discussion and debate, something is terribly wrong indeed.

What a gem of a find

Here's all you need to know about corundums that are beautiful to wear and offer some benefits too

As a gem company in Sri Lanka unveils a rare and massive gemstone weighing 683 pounds (310 kilogram) that has been certified as one of the biggest corundums ever found in that country, we look at these naturally occurring minerals that are the hardest know substances after diamonds.

Corundum in its pure state is colourless, but the presence of small amounts of impurities can impart a broad range of hues to the mineral. This hue is what we know as two of the most-loved gems: Ruby that owes its red colour to chromium and sapphire that owes its blue shades to the presence of iron and titanium.

A rare ruby and diamond necklace and ruby earings from the 19th Century are displayed at Sotheby's

RAVISHING RUBY

The birthstone of July, and the "King of Gemstones", Ruby certainly is a popular gem choice among a vast collection.

Myth-busting: Since many rubies are red in colour, this has contributed to the spread of the legend as enlightened stones can hint at a glowing fire from within. Due to this quality, it is thought that if you toss a Ruby into a bowl of water – it shall instantly come to a boil due to the heat and power of the Ruby.

We urge you not to test the authenticity of this legend at home with your Rubies. The possibility of boiling water can be dangerous and surely, Rubies are far too lovely to be simply thrown in a bowl of water.

Benefits of ruby: These fossilised minerals are believed to aid in aligning the body chakras and inducing a sense of relaxation in the body and mind. They also act as a magnet to absorb negative energies and help in uplifting our mood. They work by channelising energy in the body and healing it from the inside.

Historically important sapphire and diamond brooch and a pair ear clips, circa 1900

SEDUCTIVE SAPPHIRE

The name sapphire is derived from the Latin 'saphirus', which means blue. It is mostly associated with blue, but natural "fancy" sapphires also occur in yellow, purple, orange, and green colours; "parti sapphires" show two or more colours. The Sapphire is considered to be the September birthstone.

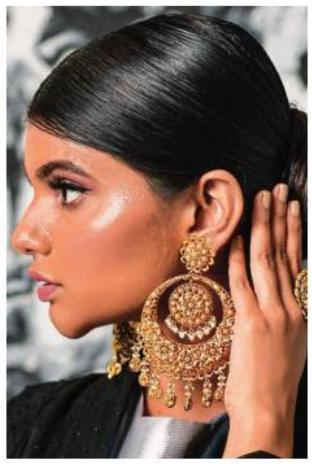
Myth-busting: First of all there is a myth that all sapphires are blue. As we mentioned above that is not the case. Secondly there is a feeling that sapphires are not as durable, though they are among the most durable gemstones in nature.

There are all kinds of tales about sapphire that they bring bad luck to the wearer. In some cultures they are said to protect you against melancholia.

Benefits: It is believed that sapphires give you clarity of thought. Blue sapphire especially is said to bring clarity of thought and help you concentrate better. It is also said to be good for vision.

Get your earring lingo right

Earrings are a girl's preferred accessories, and cashing in on that, the bountiful earring market today boasts cuffs, jackets, huggies and whatnot. In such a scenario, it is very easy to get confused. But worry not. Brush up on your earring vocabulary as we define it all for you.



Jacket: These dainty jewels are known for the embellishment loops, which hug the bottom of the lobe, and peek from behind to generate curiosity.

Bajoran/ Slave earrings/ Ear chains: These Star Trek earrings, traditionally worn by Bajoran people as a symbol of their faith, is for the modern Bohemian. Sport them for a music festival event, paired with other earrings.

Bar: These no-nonsense simple linear earrings are studs, but longer. They go best with formal wear.

Threaders: These are long threads of metal, which can either dangle from a hole or can be used to thread many piercings.

Shoulder Dusters: These lightweight linear earrings are so long that they graze the shoulder when worn.

Hoops: One of the most common type of earrings, these circular earrings can be either a plain band of metal or embellished with stones.

Creole: An oval-to-round hoop earring, broader at the bottom than at the top. They have traditionally been a favourite of Indian women.

Band Cuff: Stack and pile on a set of hoops on your cartilage. The best part is they are piercing-free! You can pair them with hoops and studs for a Bohemian effect.

Acrylic: These are generally big and loud. With various expressions and punk symbols, these bright accessories are meant for rebels.

Chandeliers: They are basically long elaborate dangling earrings consisting of various tiers of gemstones, crystals, beads, etc. Your jewellery collection isn't complete till you have a pair of dazzling chandelier earrings.

Stud-hoop: These are studs all right, but the back swoops down in half a hoop, leading to a tie between classic and edgy modern. Wear it on just one ear, and style the other with studs.

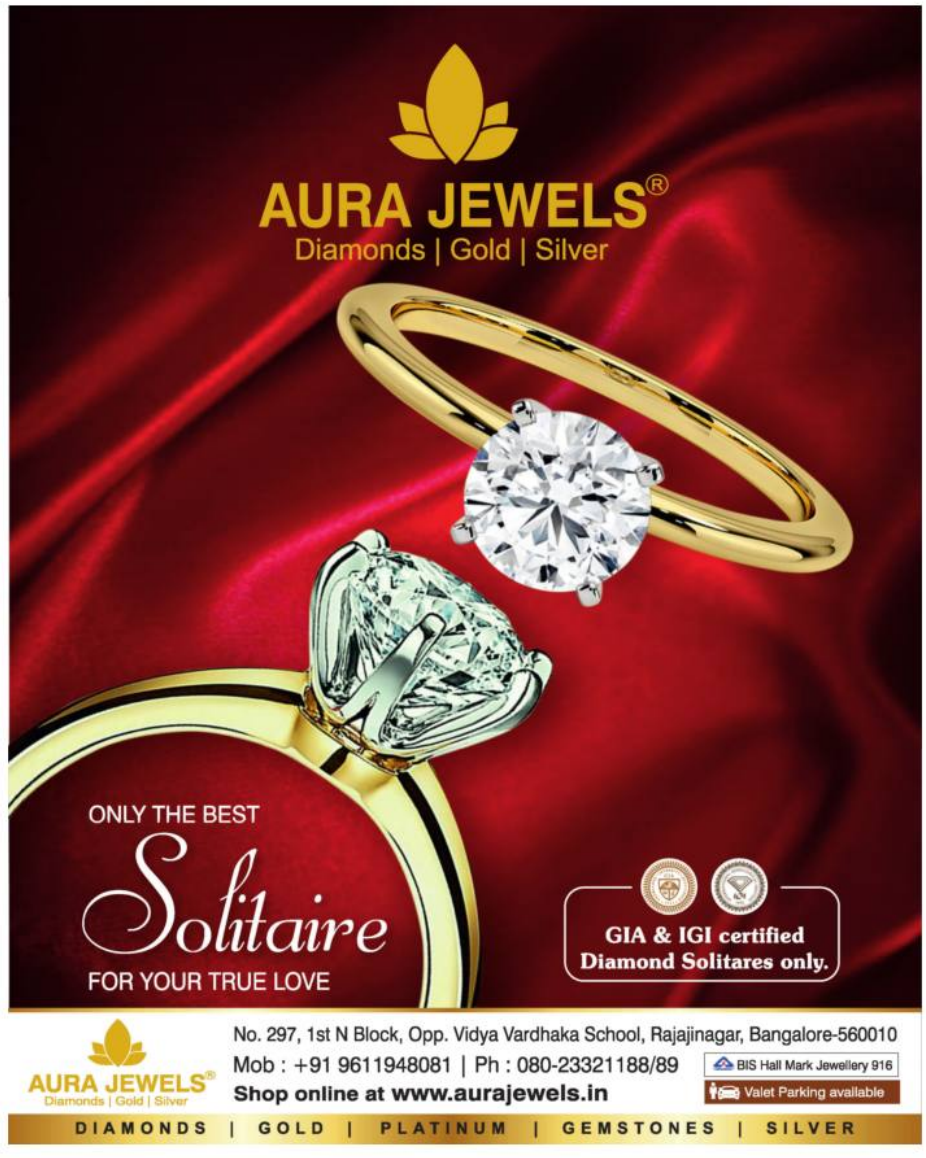
Gauge and plug: A recent addition to the world of earrings, the front part of the earring generally represents the front portion of an animal, while the screw is shaped like the hind legs. It is aimed to give the effect of an animal flying through your ears!

Double studs: The one-dimensional stud is out. The screws have now been replaced with bigger studs to create a cool jewellery trend that is the toast of all fashionistas.

Ear Weights: These are used to stretch the ear lobes. Painful to say the least, try them at your own risk.

Cluster: These earrings consist of a cluster of beads or gems, which is then attached with a hinged clip.

– Femina


AURA JEWELS®
Diamonds | Gold | Silver
ONLY THE BEST
Solitaire
FOR YOUR TRUE LOVE
GIA & IGI certified
Diamond Solitares only.
AURA JEWELS®
Diamonds | Gold | Silver
No. 297, 1st N Block, Opp. Vidya Vardhaka School, Rajajinagar, Bangalore-560010
Mob : +91 9611948081 | Ph : 080-23321188/89
Shop online at www.aurajewels.in
BIS Hall Mark Jewellery 916
Valet Parking available
DIAMONDS | GOLD | PLATINUM | GEMSTONES | SILVER

LOOKING FOR BRIDE?

Delhi based Handsome boy, height 5'7"/90, working as a Corporate Lawyer with a multinational company,

Email at: abc@xyz.com

Call on: 91XXXXXXXX

SCAN, SELECT & PAY for this attractive Template

- Logon to **ads.timesgroup.com**
- Select Classified Display & City
- Select the Design of your choice & Pay Online

LAST CHANCE TO BUY A BRIGADE HOME AT 2021 PRICES!

YEAR END BONANZA

OFFER ENDS THIS WEEKEND

35+ PROJECTS
₹34 L - ₹5 Cr*

FLY-HIGH LUCKY DRAW

INTERNATIONAL TRIP WORTH ₹2 LAKHS*
FOR 10 LUCKY WINNERS

NO STAMP DUTY & REGISTRATION* ON READY PROJECTS

EXCLUSIVE OFFERS* ON ONGOING PROJECTS

ASSURED GIFT VOUCHER* MINIMUM ₹50K ON EVERY BOOKING

BrigadeGroup.com | 1800 102 9977

*T & C Apply.

CREDAI

BRIGADE
Building Positive Experiences

080 4647 4037

WORK FROM HOME

EARN 50000 PM Zero Investment free online training from Top Co fr Rtd officials/Bankers /CA/ Housewives /Tax consultant Call: 8050792419, 9538820130

RESEARCH & DEVELOPMENT

R & D AND QUALITY CONTROL

URGENTLY wanted experienced QA, QC personnel for Electromagnetic products supplied for Defence and Aerospace. Minimum experience of 10 years. Very competitive remuneration. Vita Technology Pvt. Ltd., Contact: 7899752257/ 9686203434 vitatech@vitatechindia.com

business

INVESTMENT

OCEAN FINANCIAL INVESTMENT WE ARE LARGEST INVESTORS IN FOREX TRADING AND STOCK MARKET.INVEST WITH US AND GET DAILY RETURNS ON YOUR INVESTMENT. WE WILL HELP YOU TO ACHIEVE YOUR GOALS CONTACT 9309040640, 9309042919, 8766621410, 8766629557 www.oceanfinancialinvestment.com

THE TIMES GROUP

Readers are recommended to make appropriate enquires and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor, and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

real estate

LAND FOR SALE

6-ACRES Converted Prime Property For Sale in Chikkaka diganahalli, Chikkaballapur 20 mins drive from Airport, Price: 6.9 Cr, (Nego). Call: 99455 63995

BANGALORE PROPERTIES

DEVANAHALLI

NCN ORCHID Park villa Plots@Devanahalli Town, municipal A khatha, Ready to built villas 9900322155

ESTATE & PROPERTIES

WANTED LAND: 2 Acres: Land /Building /Existing School College Institution /Commercial Property /Club /Industry /Green Belt /Converted. Location: Near Nice Clover Leaf Junction Mysore Road /BSK /B.M. KAVALLU /Kumbalgodu /Doddabele near Mysore Road. Purpose: For Education Institution with good road approach. No Brokers. Contact: Eduweft Services Pvt Ltd - Sumanth Narayan: 9845003036

FOR SALE

BANGALORE

ALLURE ONE Premium Villas Garden City University Battarahalli KRPuram BDA A.Khata RERA G+2 4BHK allureinfra.com +91 99493 55623

jobs

SITUATION VACANT

ACADEMIC

TEACHER

WANTED Teachers LKG, UKG & High School all Subjects Teachers and Head Miss Post & Computer Experienced Teachers. New Cambridge High School Bommanahalli B'lore-68. Phone 9448312549, 7899992107

MARKETING, ADVERTISING & SALES

BUSINESS EXECUTIVES

WANTED Diplamo / ITI / BCom for Business Development position in Mech Engg Ind in Peenya with fluent English skills. Email resume jobs@kee.in

SALES

SALES-OFFICERS for a leading manufacturing company, in Peenya. We are looking for sales officers with 5 years and above experience in consumer or industrial products, sales or marketing. Kindly send your resume in confidence to officers22blr@gmail.com

OTHER VACANCIES

MULTIPLE VACANCIES

REQ. Field Exe., Telecaller (M & F) & Team Leader, For Banking Loan Collections. Contact: (9AM-6PM) 7406982861, 8951450742, 7019700755

PART TIME JOBS

CAREER offer for Rtd Govt/ Bankers, Ex ser, NRI s, House wife, 'Start 2nd Innings of UR life' Big Money/Incentive Work from home. Call: 9731888752.

GALLERIA

Brand Land
Stall Enquiry
888 44 66 171
888 44 66 170
Visit Bangalore's Best Property Expo
FREE ENTRY
BRANDLAND PROPERTY EXPO
THE HSR CLUB , BANGALORE
18th & 19th Dec - 10 am to 7pm
Our Esteemed Partners
Top 30 Property Brand
Villa I Plot I Flat
Surprise Gift
Lucky Draw
On spot Discount
High Tea
Discount Upto 1 Lakh - UTOPIA
Spot booking 20g gold coin - DRA
0% EMI* on spot Booking - Hosachiguru

GET NOTICED

The Grand Cake Replica 20ft Tall STATUE OF LIBERTY
Happilo presents
47th ANNUAL CAKE SHOW
VISIT TODAY
OVER 25+CAKES
National Consumer Fair
Shop from Over 10,000 Products & Avail Huge Discounts
SUGAR SCULPT
Call: 8296998222
Co-sponser
LG
Levista
Shagun Furniture
Entry by Ticket | Ample Parking | All Major Cards Accepted
17th Dec - 2nd Jan 2022 | Daily: 11am - 9pm
St.Josephs School Grounds, (Opp. UB City / Kanteerava Stadium)

PRIME PROPERTY

RERA - PRM/KA/RERA/1251/309/PR/190307/002481
STANCH VENTURES
ಸ್ಟಂಚ್ ಅರ್ಬನ್ ವಿಲೇಜ್
STANCH URBAN VILLAGE
BIAAPA APPROVED PLOTS
Thoughtful Eco-plots at Stanch Urban Village
1500 sft & 2400 sft, Off Bengaluru Int. Airport Rd.
STANCH VENTURES

Limited Plots available, Book today
+91 99809 23456 info@stanchventures.com

Potholes claim 7 lives this year

CONTINUED FROM PAGE 1

junction would be affected. In many cases, a lot of two-wheelers would fall in and we would fix the pothole ourselves without waiting for the BBMP. Many heavy vehicles get stuck in potholes and slush; we help to pull these vehicles out. In many cases, the BBMP would have fixed the pothole with wet mix, which is very dangerous for two-wheelers, as after a day or two, the gravel would spread across and the bikers often would skid. Only fatal accidents are reported in the police station; those who are injured often walk away as they don't want to run around the police stations and courts," he said.

The DCP (traffic) for East zone, KM Shantharaju, said that in the division, three fatal cases and one non-fatal case have been reported so far this year.

"In most of the accident cases, the civic agency would have cut the roads open and wouldn't have fixed them properly. In some instances, patch works would be carried out, which result in potholes. In two cases in Pulikeshi Nagar and Whitefield, the motorists fell due to the loose mud and half-done work by the civic agency after laying pipelines and wires. The agency in question needs to fix the roads after carrying out the works."

Another officer pointed out that street lights, sand deposited on the roadside and trees blocking signboards or traffic lights would also result in accidents: "In many areas, the street lights will not be working; it becomes difficult for the motorists to ride on bad roads as they end up falling over and chances of another vehicle running them over are high. In the main road, at times, there would be a lot of sand deposited on either side which has to be removed by the BBMP but is often left unattended.

After it rains, the area turns into slush and many bikers skid and fall. The BBMP's forest department needs to look after the trees which are covering the signboards at traffic signals. In many cases, citizens fail to see the one way sign and end up in accidents. In some junctions, the traffic signals are not visible. Our staffers are cutting the branches and fixing street lights."

How not to prune trees

CONTINUED FROM PAGE 1

BBMP's forest cell and the trees that are growing inside one's private property belong to the forest department," Nirody added. Thereafter, the Nirody family wrote to the forest department and forwarded the same letter to the Union Ministry of Forests and Environment.

After the BBMP, it was the Bescom's turn to harass the family. "A couple of disgruntled neighbours ganged up against our family and are using the civic authorities - both BBMP and Bescom - to harass us time and again who are threatening to destroy the green cover," Geetha Nirody's son Ajay Merchant, told Bangalore Mirror.

In August this year, while Geetha was at her house, she heard her Neem tree shaking as if it was an earthquake. When she went to the kitchen, she saw an earthmover outside her compound swaying left and right trying to break a huge branch of the 30-year-old neem.

As Geetha had to walk slowly using a walking stick, by the time she reached the compound shouting at the men, they stopped damaging the tree and the earthmover moved away. When she inquired with the men, she learnt that they were Bescom workers pruning trees as they were interfering into their lines and poles.

"But, there were no trees or Bougainvilleas disturbing any electrical supply lines as everything is underground in our layout. But since a BWSSB earthmover had dug up near our neighbour's house, it had damaged the lines and the neighbour had requested Bescom to make the underground lines overhead for him and brought the workers to prune the trees and plants," Merchant said.

The Nirody family decided to put up a tough fight and approached the general manager for customer relations at Bescom and narrated their ordeal. "To our shock we learnt that Bescom never uses any earthmovers and the engineer and workers seen near the house had borrowed an earthmover from BWSSB and had tried to damage the trees and plants," Merchant added.

Merchant then petitioned Bescom about the developments regarding the happenings to the green cover in and around his house and also forwarded the same to the forest department and requested the Union Ministry of Forests and Environment to look into it.

Soon after the Union ministry from Delhi directed Bescom to look into the issue and submit a report, the agency drafted fresh guidelines for pruning of trees scientifically and passed an order. It was a success story for the Nirodys.

"The order clearly clarifies that they (civic authorities) cannot touch anything that is not interfering with their street infrastructure. Until now, there were no clear guidelines on plants or trees that are interfering with the wires, poles or transformers. The pruning was based on arbitrary whims and fancies," Merchant said.

In the 1990s the Nirody family were amongst the first residents of Shanthi Layout; the family even engaged a gardener until 2000 to nurture a dense green cover around their house and compound.

GET NOTICED

ಚಿತ್ರಕಲಾ ಪರಿಷತ್ ದಸ್ತಕಾರ್ ನೇಚರ್ ಉತ್ಸವ್
Last 2 Days
Dastkaar
Nature Utsav
Art Crafts Handlooms & Lifestyle
Exhibition cum Sale
ಪ್ರದರ್ಶನ ಮತ್ತು ಮಾರಟ
@ Chitrakala Parishath
Kumara Krupa Road, Bengaluru .
10th - 19th Dec. 2021
Time:
10:30am to 7:30pm
An opulent show of ethnic & traditional silk, cotton handloom products made by master weavers from all over India
Contact: 9841278707
Entry & Parking Free
Regd. with ministry of textiles, govt. of India

GALLERIA

STOCK CLEARANCE SALE!
From 18-12-2021 to 31-12-2021
Or Until Stocks last
50% to 70%
Kids, Men & Women's Readymade Garments and Sarees
at Silverstar Hotel
126, 6th Cross, Gandhinagar, Bengaluru-560 009.
Timings : 10.30 a.m. to 8.30 p.m.
Organised by : S. G. & Sons, Bangalore

Hyundai Smart Care Clinic
Service your car on time for a cleaner drive and a greener tomorrow.
Alsi Care Nowhere
Avail our "Smart" offers between 11th to 20th December, 2021.
10% Discount on mechanical parts
Up to 20% Discount on mechanical labour*
20% Discount on sanitization & 1 year RSA
Free engine oil & oil filter in next service for 1000 lucky customers
Hurry up!!Last 3days to go to avail biggest savings of the year!!
Get your Hyundai car serviced at Lakshmi Hyundai & avail discounts of 10% on Parts, & Upto 20% on Labour.
Incredible benefits on purchase of select models
Beyond Mobility
HYUNDAI
LAKSHMI GROUP
4.5 Rating
Kemapura - 99000 22804 / 88842 11994 | Whitefield - 95388 34178 / 88844 99011
Devanahalli - 99000 22857

homefirst
We'll take you home
*T&C Apply
Home loan even without Income proof!
900 3133 277

personal

CHANGE OF NAME

I, Supriya Goni W/o Vinod Kumar, R/a VSS Paradise apt, Flat No.106, 1st cross, Airview Colony, Vinayaka Nagar Konenaagrahara, Vimanapura, Bangalore- 560017, I have changed my name from Supriya Gurushantappa Goni to SUPRIYA GONI. Vide affidavit Dtd: 16-12-2021. Sworn before notary Vatsala, Blore

I Madhumati Patil W/O, Paramagouda Anandagouda Roddagoudra R/o #3/10, Rbi Staff Quarters, Nandini Layout, Bangalore have changed my name to Chetana Paramagouda Roddagoudra

I, Syed Zabiulla, S/o. Basha Jan, Residing at No.226, Mosque Road, Banneragahta Road, Bismila Nagar, Bengaluru-560029 have change my minor son's name from SYED NABEEL ULLA to SYED AFFAN vide affidavit dated 24.10.2021 sworn before notary: Manjula Jangam, Bengaluru

I, CHANNAPPA S/o Mallappa Nandi residing at Elite Epito me, Sy. No. 24, A-306, MLA Layout, Kalena Agrahara, Bangalore South, Bangalore, Karnataka-560076 have chang ed my name to CHANNAPPA NANDI vide affidavit dated 17.12.2021 sworn before notary B. Chitra, Bangalore - 560033.

I, Ravi Patil S/o Basauaraj Patil R/o No-2 Bannerghatta Main Road Meenakshi Temple Kammanahalli Main Road Thimmappa Garden B'lore-560076 have changed my name to Ravi Basauaraj Patil.

THE TIMES GROUP
Readers are recommended to make appropriate enquires and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

SAHA INSTITUTE OF NUCLEAR PHYSICS, KOLKATA
No. SINP/Estt/Advt/08/2021
Advertisement for the position of Research Associates
Please log on to the Institute website www.saha.ac.in for the following positions in the various Divisions of the Institute.
Research Associate- 06, Fellowship- Rs. 47,000/- p.m. plus HRA and admissible benefits, Age- 35 years as on last date of receiving application, Closing date of applications- **January 14, 2022.**
davp 48135/11/0013/2122

Surrogacy Bill cleared Parliament passed the Surrogacy (Regulation) Bill, 2019 on Friday, with Lok Sabha passing it with voice vote amid a protest by opposition demanding the removal of Ajay Mishra as Union minister

BangaloreMirror | 12
Saturday, December 18, 2021
mybangaloremirror@timesgroup.com
facebook.com/thebangaloremirror
@BangaloreMirror

India's Omicron count crosses 100

Avoid travel, says Centre after highest one-day rise of 24 cases

#NEW DELHI/MUMBAI

India's Omicron COVID count crossed the 100 mark on Friday after recording the highest single day rise of 24 fresh cases of the new variant, even as the Centre advised people to avoid non-essential travel and mass gatherings and keep New Year celebrations at low intensity.

As the Omicron tally from 11 states and union territories stood at 111 exactly 15 days after the first case of the potentially more contagious covid variant was detected in Karnataka, 20 new cases were reported from Maharashtra(8) and Delhi(12) to take their total to 40 and 22 respectively. Telangana and Kerala recorded two more cases each to take their tally to eight and seven respectively.

The Centre also warned it is likely that the spread of the new variant will outpace the Delta variant where there is community transmission.

Addressing a joint news conference in Delhi, Joint Secretary in the Ministry of Health Lav Agarwal said though daily covid cases are below 10,000 for the past 20 days, there is a need to stay vigilant in view of the new Omicron variant and rising cases in other countries.

According to Central and state officials, Maharashtra has reported 40 cases, Delhi (22), Rajasthan (17), Karnataka (8), Telangana (8), Gujarat (5), Kerala (7), Andhra Pradesh (1), Chandigarh (1), Tamil Nadu (1) and West Bengal (1).

"As Omicron variant is spreading very fast across Europe and most parts of the world so need to avoid nonessential travel, avoid mass gatherings and it is time to observe low intensity festivities and ushering in new year celebrations has to be at low intensity," said ICMR Director General Dr Balram Bhargava.

Those districts which have more than 5 per cent positivity rate need to ensure restrictive measures until the test positivity rate comes below 5 per cent for at least 2 weeks, he stressed. Citing the World Health Organization (WHO), Agarwal said the Omicron variant is spreading faster than the Delta variant in South Africa. It is likely that Omicron spread will outpace Delta variant where community transmission occurs, he said quoting the WHO. Quoting the WHO DG, Agarwal said, "Omicron is spreading at a rate we have not seen with any previous variant..." —PTI

A health worker collects swab sample of an outstation passenger at Bandra Terminus railway station in Mumbai on Thursday,

WHO nod to Novavax and SII vaccine

The World Health Organisation has given emergency approval to a coronavirus vaccine made by U.S.-based Novavax and the Serum Institute of India, paving the way for its inclusion in the U.N.-backed program to get such vaccines to poorer countries around the world. The vaccine, known as CovavaxTM, is the ninth to be granted an emergency use authorization from the U.N. health agency, marking a vote of confidence for Novavax that could also mean the shots will be accepted by some countries that only admit travelers vaccinated with WHO-backed jabs.
The Serum Institute is producing the Novavax-developed vaccine and a big question is how much supply it can ship, and when. The vaccine was long anticipated to help increase global vaccine supplies, as the shots require only refrigerated storage _ an appealing option for low-income countries compared to other vaccines that require very cold storage.

Rs 202 cr penalty on Amazon

#NEW DELHI

In a significant development, the Competition Commission on Friday suspended its more than two-year-old approval for Amazon's deal with Future Coupons and imposed a Rs 202 crore penalty on the e-commerce major for failure to furnish true and complete details about the transaction.

The ruling by CCI assumes significance amid the long-drawn bitter legal battle between Amazon and Future Group over the Indian entity's proposed Rs 24,713 crore-deal with Reliance Retail Ventures Ltd (RRVL).

Deals beyond a certain threshold require CCI nod and it is quite rare for the watchdog to suspend an approval.

In a 57-page order, the regulator noted that the contraventions of the competition law have arisen "from a deliberate design on the part of Amazon to suppress the actual scope and purpose of the combination".

Consequently, fines totalling Rs 2 crore have been imposed on Amazon.

For failure to notify the combination in the requisite terms, the watchdog has also slapped a penalty of Rs 200 crore.

The combination pertained to Amazon acquiring 49 per cent stake in Future Coupons through three levels of transactions.

The watchdog noted that Amazon had failed to disclose true and complete details of the purpose of the combination, which were required to be given while seeking the approval.

Amazon's deal with Future Coupons is under a cloud

New CDS: List of probables to be submitted to Rajnath

#NEW DELHI

The government has started the process to appoint the next Chief of Defence Staff (CDS) and a list of names based on recommendations from the three services will soon be submitted to Defence Minister Rajnath Singh for approval, officials said on Friday.

They said the government is finalising a panel comprising senior commanders from the Army, the Navy and the Air Force to choose the successor of Gen Bipin Rawat, who died in a helicopter crash near Coonoor last week. Following the approval by the defence minister, the names will be sent for consideration by the Appointments Committee of the Cabinet for taking the final decision to appoint a new CDS, they said.

It is learned that there is a strong possibility of appointing Army Chief Gen MM Naravane to the top post considering his overall experience. —PTI

Travel light

- See more than 90% capacity occupation in next few days
- Jan and Feb pre-booking is looking good
- Top destinations: Goa, Rajasthan, Himachal, Maharashtra, Kerala
- Top international destinations: Maldives, Dubai

— Kavinder Singh
Mahindra Holidays to ET Now

Miss World postponed after Varanasi, others test C-positive

#MUMBAI/SAN JUAN

The Miss World 2021 pageant finale has been "temporarily postponed" after several contestants, including India's Manasa Varanasi, tested positive for coronavirus, according to organisers.

The organisers posted a statement on the official social media pages of Miss World and said the finale, which was scheduled to be at Coliseum Jose Miguel Agrelot in San Juan, Puerto Rico, on Thursday (December 16), will now take place after 90 days.

"After meeting with the virologists and medical experts hired to oversee the Miss World 2021 event and discussing with the Puerto Rico Health Department, the decision has been made by the organizers of the event to postpone the globally broadcast finale at the Puerto Rico Coliseum Jose Miguel Agrelot to be held within the next 90 days.

"As of yesterday, additional safety measures were implemented in the best interest of the contestants, production team and spectators, understanding the event increased risks on the stage and in the dressing room," the statement read.

The organisers said after additional positive cases were confirmed, they took the decision to postpone the event in consultations with health officials and experts.

"The next step according to the medical experts is immediate quarantine, pending observation and further testing according to best practices in situations like this.

"Once and only when contestants and staff are cleared by health officials and advisors, will contestants and related staff return to their home countries," it added.

In a separate post on Instagram, Femina Miss India said Varanasi is among the contestants who have tested positive for coronavirus in Puerto Rico. -PTI

Manasi Varanasi has tested positive for covid in San Juan

HEALTH TIP: Egg yolk is said to contain vitamin D, which can help you recover faster from common cold and flu

Cherries are rich in antioxidants, which can help to fight against free radicals

mybangaloremirror@timesgroup.com
facebook.com/thebangaloremirror
@BangaloreMirror

BEST OF
DR MAHINDER WATSA

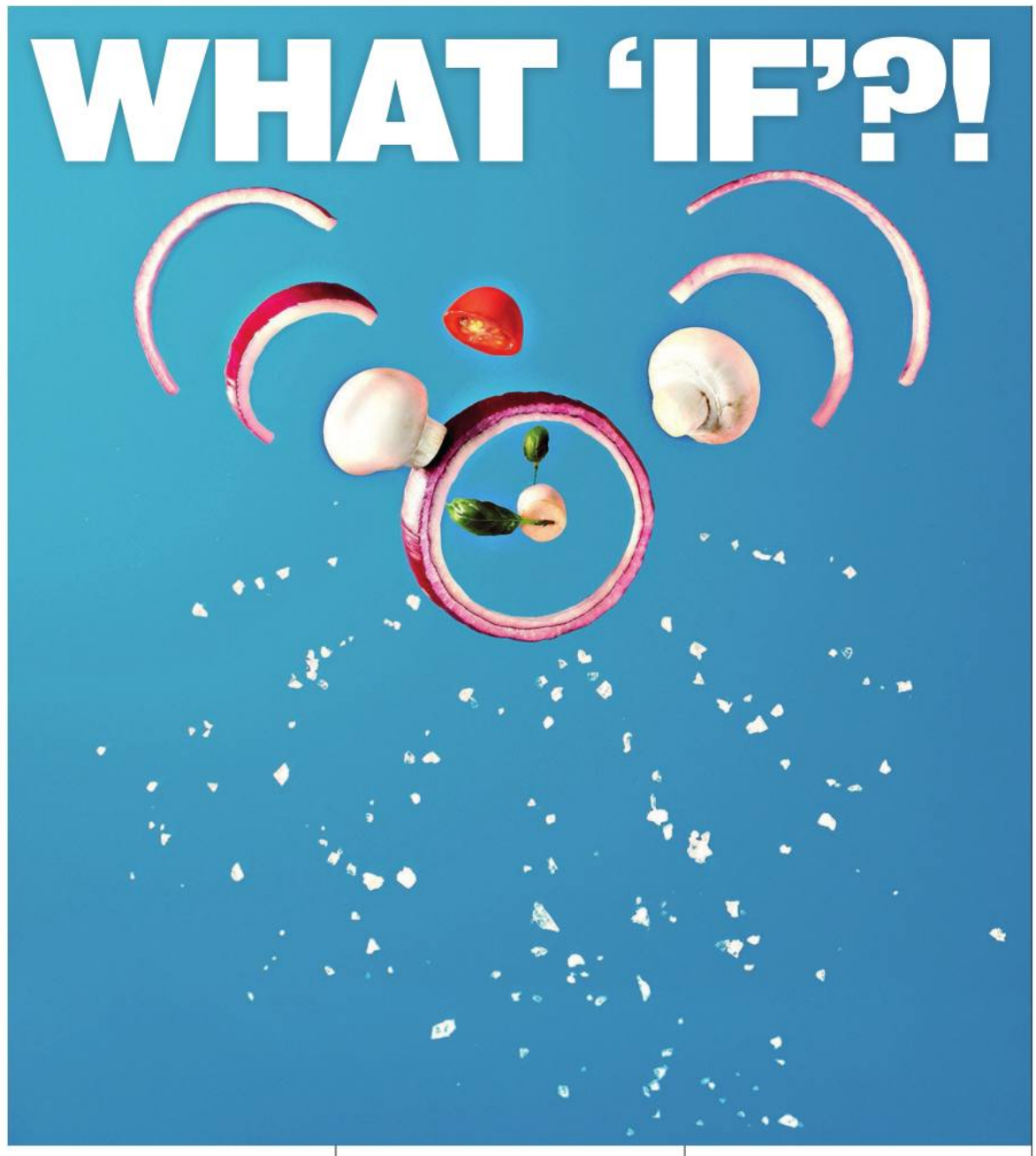
The finest responses of Dr Watsa are being republished in this column as a tribute to him.

1 I'm a 32-year-old happily married woman and I have a four-year-old daughter. For the last year, I have been discharging a watery transparent liquid from my vagina. My vagina is always wet and I have undergone various tests and even consulted two gynaecologists but to no avail. I am fed up with the wetness of my vagina. I have had tablets prescribed by my gynaecologist to stop the area from attracting infections but nothing has helped. Due to this, I am compelled to change my panties on an hourly basis and I am using pads regularly to get by. But I know this is not a solution and I need to investigate the cause of this concern. What should I do to ensure my vagina remains dry?
It is difficult to reply without proper examination. The vagina normally has adequate lubrication which increases during sexual excitement. However, you may try inserting betadine vaginal peccary in the vagina daily for 10 days. Also, ask your partner to use a condom. If this doesn't help, revisit your doctor.

2 I am a 20-year-old male facing a problem of colourless sticky liquid discharge from my penis when I talk to my girlfriend and when I touch her. Is this normal? Is it erectile dysfunction? Is this semen? I am an athlete, and wanted to know whether this will affect my body in any manner.
Normally, this happens when sexually excited. It will not affect your body in any manner.

MEET THE SEXPERTS
Use this QR code to send your questions to us

WHAT 'IF'?!



Heard of intermittent fasting? There's more to it than weight loss. Find out more from experts

Kayalvizhi Arivalan
mybangaloremirror
@timesgroup.com

TWEETS @BangaloreMIRROR

One of the most popular health and fitness trends right now, intermittent fasting (IF) entails eating only at specific times of the day. It's a dietary pattern that alternates between fasting and eating intervals, rather than specifying what meals to eat. Fasting for a set number of hours each day or eating only one meal a few times each week can help you lose weight. As a result, it's more of an eating habit than a traditional diet. This method is frequently used by people to lose weight, improve their health, and simplify their life.

"Contrary to popular opinion, intermittent fasting is not a diet, but an eating pattern where a person eats during a certain window in the day and fasts for a longer spell between the meals," explains Meenakshi Mohanty, Fitness Expert, who says it is not about what to consume and the pattern is focused more on the timings of the consumption. Beyond weight loss, it also prevents illnesses such as diabetes and heart problems, boosts metabolism, and leads to a healthier lifestyle.

"While there are many forms of intermittent fasting, the most common ones are eating within six to eight hours in the day and fasting for 18 to 16 hours respectively, where the latter is popularly known as a 16:8 approach. It is best to keep the eating windows in the early hours of the day for maximum health benefits," feels Mohanty who also explains another pattern of timelines followed by a lot of health enthusiasts.

It is known as the 5:2 approach, wherein a person eats regularly five days of the week but restricts the calorie intake to 500 – 600 on the other two days of the week (usually one meal). Experts feel that fasting on consecutive days is not recommended; instead, space it out with at least two days between fasting days.

Consult your physician before starting any new diet regimen. Children younger than 18 years or pregnant women should avoid following this.

When to eat
Depending on one's time preference, the eating time slots might vary. "Some could eat their meals in a six-hour window or eight. In this case, the person would fast for 18 or 16 hours in the day. Some even eat regular meals five or six times a week with two or one day of fasting, ideally with a gap of two days between each fasting day.
Followers of this pattern should take note that fasting for long durations at a stretch, can have negative repercussions. Maintain a healthy balance between the time of fasting and eating.

What to eat
"Eating normally during the other periods does not imply munching on high-fat foods. If one fills their meals with high-calorie junk food, super-sized fried foods, and desserts, they're not going to lose weight or get healthier. The Mediterranean diet is a fantastic example of what to consume, especially for beginners," suggests Rinki Kumari, Chief Dietician, Fortis Hospital, Cunningham Road, Bangalore, who says the mainstay of one's diet becomes choosing complex, unprocessed carbohydrates like whole grains, leafy greens, healthy fats, lean protein, unrefined grains, and healthful vegetables and fruits.

When to exercise
"While fasting, exercising is usually recommended just after waking up or shortly afterward to maintain the body's natural circadian rhythm and also as working out or eating too soon to bedtime has been linked to sleep disruptions," guides Kumari, who says the hormonal benefits of fasting-induced exercise are linked to the depletion of muscle and liver glycogen stores that occurs when fasting. "Combining burst training and intermittent fasting for a multi-therapeutic strategy can optimise the benefits of both," she says. During such fasts, cardio and weight training can be performed, but the performance may suffer slightly, warns the expert. "Unless participating in heavy lifting or endurance exercise, fasting for a couple of hours after workout can help," suggests the dietician.

Don't break your fast
"It's important to be mindful of hidden quick breakers. Did you know that even the taste of sugar makes one's brain release insulin, thereby breaking the fast?" asks Kumari, who suggests some of the unexpected foods, supplements, and products that can stop a fast and trigger an insulin response.

Ways to do IF
Intermittent fasting can be accomplished in a variety of ways, but they all revolve around establishing regular eating and fasting schedules. "One could attempt eating only eight hours each day and fasting the rest of the time. Alternatively, two days per week, one could choose to consume only one meal. You can choose from a range of intermittent fasting schedules," suggests Kumari.

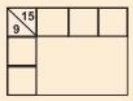
Health benefits
There are immense benefits of intermittent fasting. Overall, weight loss is the most common and primary benefit. "Fasting for short periods improves blood pressure, resting heart rates, and other heart-related parameters. More blood flow to the brain improves cognitive and mental sharpness. The amount of bad cholesterol (LDL) is lowered while the amount of good cholesterol (HDL) is increased," says Kumari, listing the changes one's body undergoes during fasting.

Human growth hormone levels also surge, perhaps by as much as five-fold. This has several benefits, including fat loss and muscle growth. Insulin levels drop considerably and make stored body fat more accessible. When fasting, the cells begin to repair themselves. Autophagy is a cellular process that consumes and eliminates old and faulty proteins that have accumulated within them. Researchers have also discovered changes in the function of genes linked to longevity and sickness resistance; illness resistance has also been observed.

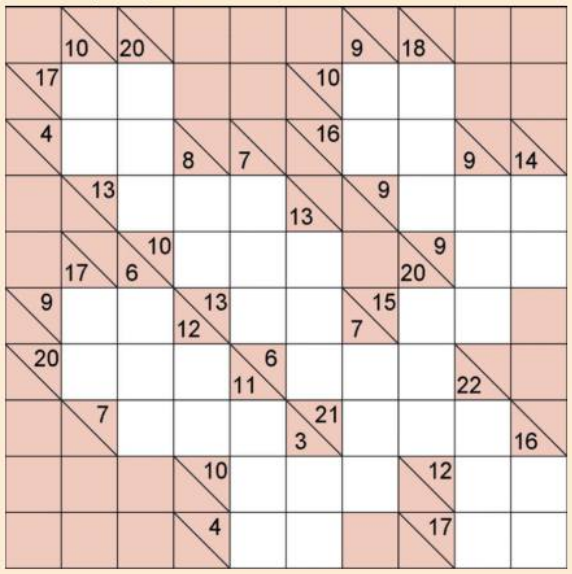
mybangaloremirror@timesgroup.com
facebook.com/theBangaloremirror
@BangaloreMirror

Kakuro

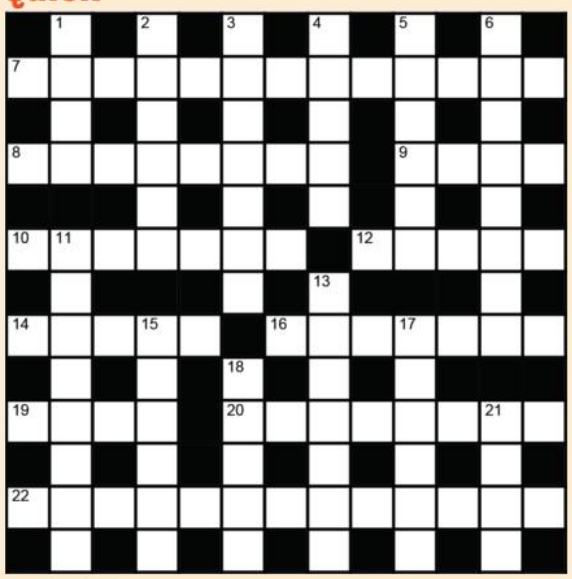
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Using indirect or underhand means and methods? (2,3,8)
8 Journalist (8)
9 Walk with long strides (4)
10 Crouched or shrunk back in fear; huddled up (7)
12 Farewell (5)
14 Adhere, use glue (5)
16 Told a blatant lie? (7)
19 Hurt or damage (4)
20 Theatrical or histrionic (8)
22 Our High Court is also known by this name (6,7)

DOWN

1 Funeral bonfire (4)
2 Select, opt for (6)
3 Helped a felon (7)
4 Fruit of the oak (5)
5 All mixed up (6)
6 Be successful without much effort (4,4)
11 Endures longer than? (8)
13 Annual calendar (7)
15 Military action (6)
17 Flaunting or pretentious (6)
18 Perfect (5)
21 Concerning, in legal terms–"rein" anagram? (2,2)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: V EQUALS P

MPZU ECH WCU'G XPSJZ ECHJ VJCLAZBX, ECH JZXZUG PZS-JTUY GPZ VJCLAZBX CI CGPZJ VZCVAZ.

Linemaro

My feet are getting cold... because you've knocked my socks off.

Mindchow

Don't argue with a fool. The spectators can't tell the difference

Joke of the day

Father to 3-yr-old: No, a reindeer is not a horse with TV antenna

Loop

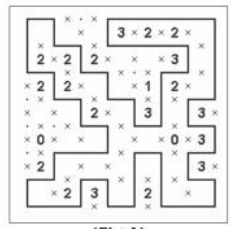
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

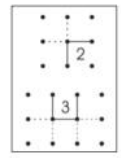
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

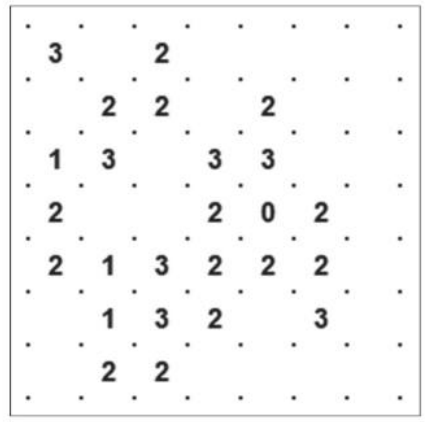
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



(Fig A)



(Fig B) Not Allowed

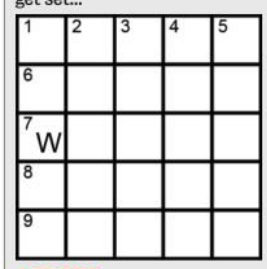


Strikeout

This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

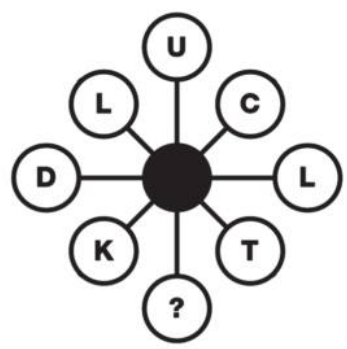
1 Sones; 6 Le Pap; 7 Weird; 8 Amnia; 9 Being

DOWN

1 Bwana; 2 Open I; 3 Prigs; 4 Emile; 5 Andes

Mensapuzzle

Which letter replaces the question mark and completes the puzzle?



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

09 Average; 10 Good; 12 Outstanding

SudokuChallenge

	3				2	6		4
4							7	
						5		1
5			2	7			1	
1			9	6	3			7
	8			1	4			2
8		5						
	1							9
6		9	7				3	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 10

2 4 5 7

Medium = 30

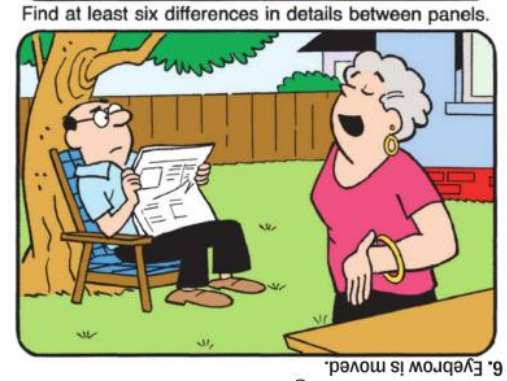
2 6 6 9

Hard = 42

2 5 8 4

Hocusfocus

Find at least six differences in details between panels.



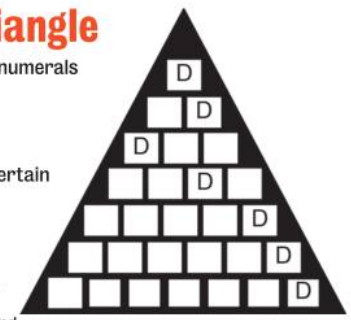
Differences: 1. Arm is lower. 2. Hair is different. 3. Sleeve is added. 4. Leg is moved. 5. Tree limb is shorter. 6. Eyebrow is moved.

Riddler

No asylum though there are nuts within, Or a game of hide and seek. Holding death within the gun, Or armor for the weak What is it?

Alpha triangle

1 Five Hundred in numerals
2 Editor, abbr.
3 Calendar abbr.
4 Give it up
5 Words to live by
6 Draped with a certain fabric
7 Roosted



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

GOOD NEWS, MEDICINE MAN! YOU MAY AS WELL GO PLAY GOLF TODAY!
HOW COME?
NOBODY'S SICK TODAY, AND THERE ISN'T ONE SINGLE PATIENT WAITING
I WONDER WHY I'M NOT ENJOYING THIS AS MUCH AS USUAL?
Yates/Casson
10-5

Bizarrotrip

Diamond Lil

Hart of the city

GOT OUR MISSION FROM THE GUILD! WE'RE ESCORTING A CARAVAN THROUGH THE CROW'S NOTCH, A VERY SCARY VALLEY PASS.
SO WE'RE BASICALLY CHAUFFEURS? BODYGUARDS? COME ON! LET'S FIND OUT WHAT THIS DANGEROUS WORK IS ALL ABOUT!
CARAVAN BOOKLET
HOW ABOUT WE DO THE CARAVAN MISSION FIRST? THEN WE ROLL THE DICE ON THE DANGER.
A SOLID COMPROMISE.
WE'LL SEE YOU LATER.
DANGEROUS WORK AVAILABLE NOW
HART OF THE CITY © 2021 ANDREWS MCMEEL
GOCOMICS.COM/HARTOFTHECITY

Crankshaft

SO THERE'S NO WAY TO SAVE THE PAPER?
NO... I'M AFRAID THE SENTINEL HAS BOUGHT THE FARM.
MONTONI'S
PIZZ
NOW OUR NEWS IS GOING TO COME STRAIGHT FROM THE BOT FARM.
BATTLUK & DAVIS
© 2021 Medagraphics, Inc. Dist. by North America Syndicate
10-12

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, time will favour you. You may be able to control your expenditure. Your savings may increase. You may be busy at home. You may bring some artefacts to your home. You may also plan to renovate your office. An atmosphere of joy and happiness will surround your family. Love birds may plan to marry. Singles may find their soulmate. Children will perform well.

Taurus Apr 21 – May 20
Today, things will be under control. You may feel a surge of new energy, which may give you confidence. You may find a new way, which may help you move towards success at work. Family business will do well. Chronic illness may be cured. You may plan for an overseas trip.

Gemini May 21 – Jun 21
Today, you may feel dull, which may make you upset and impatient. You may face some health-related issues. Avoid rash driving and adventurous tours. Be alert of hidden enemies and opponents; you might become a victim of conspiracy. You must avoid engaging in arguments.

Cancer Jun 22 – July 23
Today may be a good day on the professional front. You may be busy with your job. You may become passionate for your work, which may lead to mental tiredness. You may not reach on time for a family or social get together. Your spouse may support you to maintain domestic harmony. Love birds may expect making important decisions in terms of marriage.

Leo Jul 24 – Aug 23
Today, you are blessed by the moon, which may make you happy. You may be busy at work. Your network will grow. With the help of elders' blessings, you will implement new plans at work to achieve success in the near future. You may plan to visit to a close relative or may plan to party with friends.

Virgo Aug 24 – Sep 23
You may feel dull, sensitive and emotional. You may face some health-related issues. Avoid rash driving. Watch out for hidden enemies and opponents; you might become a victim of conspiracy. Love birds must be patient and avoid arguments on worthless topics.

Libra Sep 24 – Oct 22
Today, you may try to analyse yourself and figure out your mistakes. Self analysis will boost confidence at work. In partnerships, disputed matters will be resolved. Your relationship with your spouse may improve. Students may make quick decisions regarding their career. Singles may find a good match.

Scorpio Oct 23 – Nov 22
Today, with the blessings of the moon, you may be surrounded by happi- ness. Projects, which were stopped, will be back on track. Your relationship with your spouse may become stronger. You may perform well at work. Singles may find a soul mate. Love birds may plan for marriage. You may get promotions at work. Job seekers may find a good job.

Sagittarius Nov 23 – Dec 22
Blessings from elders may help you become confident. Your working efficiency may increase. You can start new innovations in terms of business and work. You may make smart gains from tiny investments. Opponents and rivals are now under control. You may help the needy by giving money. This may increase your prestige. You may buy creative stuff for your house.

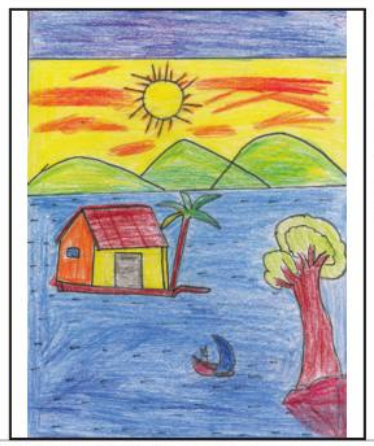
Capricorn Dec 23 – Jan 20
You may be busy with kids. You may expect to go on a short trip, related to kids' academics. You will also enjoy romantic moments. Couples may hear good news regarding babies. You may plan to go on an outing with your family or friends. Natives with jobs may plan for higher education to develop their skill set.

Aquarius Jan 21 – Feb 19
You will be disappointed. You may be impatient and may not focus on your goals. Investments in the fixed assets must be postponed for a while. It is advised to take care of your parents.

Pisces Feb 20 – Mar 20
Today, you may feel energetic and courageous. You may buy some important household items for your home or office. Your inner strength may help to complete your projects before the deadline. Disputes with siblings may get resolved. Expect short trips related to work, which may boost your network.

KIDZONE

Vaishnavi Anand, 14 Years, Royale Concorde International School



L NAGAVENI, 13 YEARS, INDIRANAGAR CAMBRIDGE SCHOOL

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
72/4+3÷3+4
18+0+4
22

RIDDLER Shell

QUOTE UNCODE
When you don't share your problems, you present hearing the problems of other people.

FAST FIVE

N	O	S	E	S
A	P	P	L	E
W	I	R	E	D
A	N	I	M	A
B	E	G	I	N

BULL'S EYE
ENTROPY, entry, peony, poetry, pony, prey, yore pyre, ropy, type, tyre,

STRIKE OUT

QUICK

MENSA PUZZLE
C. Start on the far left of the diagram and move around it in a clockwise direction. Letters advance through the alphabet in steps of 8 then 9, repeating this pattern all the way around.

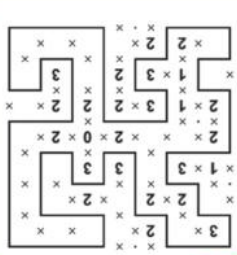
SUDOKU

7	3	1	8	5	2	6	9	4
4	5	2	1	9	6	3	7	8
9	6	8	4	3	7	5	2	1
5	9	6	2	7	8	4	1	3
1	2	4	9	6	3	8	5	7
3	8	7	5	1	4	9	6	2
8	7	5	3	2	9	1	4	6
2	1	3	6	4	5	7	8	9
6	4	9	7	8	1	2	3	5

ALPHA TRIANGLE
D, Ed, Dec, Cede, Creed, Creped, Perched.

GO FIGURE
Easy
7 + 5 + 2 − 4 = 10
Medium
2 × 9 + 6 + 6 = 30
Hard
8 × 5 + 4 − 2 = 42

LOOP



KAKURO

Volume No 15, Issue No 28 RNI NO:KARENG/2007/22411 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018 and printed by him at Fourth Estate Ltd, No. 9/10/11-A, 4th Main, Bommasandra Industrial Area, Hosur Road, Bengaluru 560099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamarajpet, Bengaluru 560 018. Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon – responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

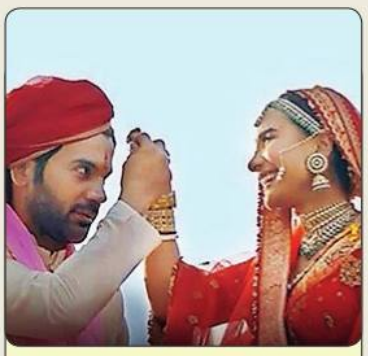
Star son to learn the ropes?
Reports are rife that Aryan Khan will be learning the ropes of filmmaking in Bollywood by working with renowned production houses and directors

BangaloreMirror | 16
Saturday, December 18, 2021
mybangaloremirror@timesgroup.com
@BangaloreMirror
Entertainment Industry Promotion

Tie the knot, smash a stereotype

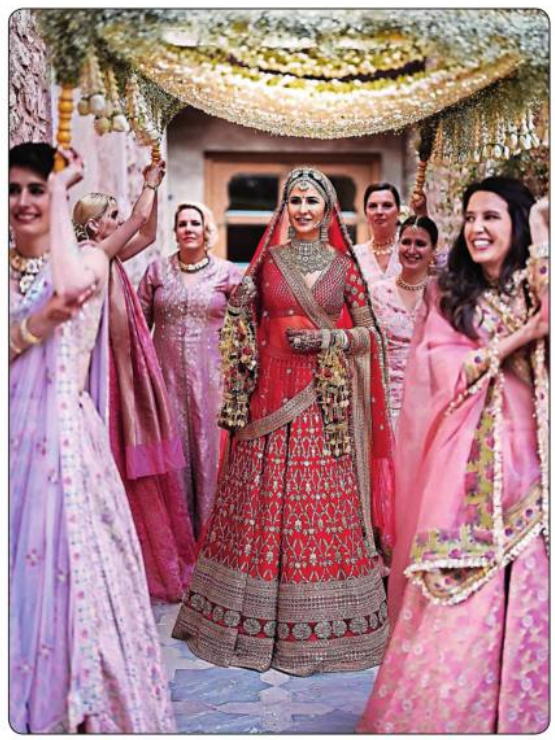
Celebs are managing to break some of the stereotypes during their starry weddings

Celebrity weddings have always attracted eyeballs, especially for the bride and groom's designer outfits, star guest lists and extravagant celebrations. However, weddings in B-town of late have been grabbing the limelight for altogether different reasons. Celebrities like Katrina Kaif, Rajkummar Rao, Anushka Sharma and others, while following their traditions and customs, made sure they broke some age-old stereotypes...



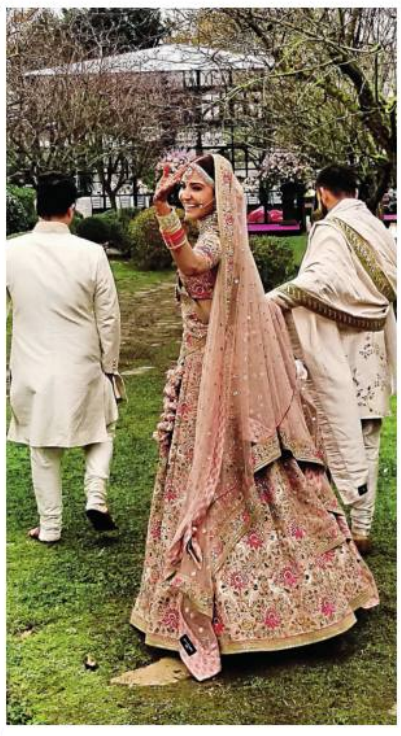
Rajkummar Rao

Rajkummar Rao sealed the deal with his longtime girlfriend Patralekhaa in November this year. The couple got married in Chandigarh in presence of their friends and family. In one of their wedding videos, Rajkummar is seen putting a sindoor on Patralekhaa's forehead and he later prompts her, 'Tum bhi laga do' to which the bride obliged.



Katrina Kaif

While Katrina Kaif kept her royal wedding an extremely private affair, a picture from her wedding celebrations, shared by her, gave us a glimpse into her bridal entry. In the photo, Katrina is seen making her way to the mandap under a floral blanket held up by her lovely sisters. As per our customs, we only see brothers carrying Phoolon ki Chaadar as the bride makes an entry. Sharing the picture, she wrote, 'Growing up, we sisters always protected each other. They are my pillars of strength and we keep each other grounded... May it always stay that way.'



Neena Gupta

Neena Gupta has lived her life on her terms, right from having a child out of a wedlock to getting married at the age of 50 to making her second innings in the film industry. The actress was pressured to get married when she was pregnant with Masaba. She was even offered a marriage proposal by Satish Kaushik but she refused to get hitched just to avoid controversy. She finally found love at the age of 50 and got married to Vivek Sharma.

Anushka Sharma

Anushka Sharma tied the knot in a dreamy destination wedding in Tuscany with the love of her life, Virat Kohli with close friends and family in attendance. While the couple took their nuptial vows as per traditions and customs, the gorgeous actress refused to cry during her bidaai. Instead, she bid farewell by waving happily at her family as she walked away hand-in-hand with her husband.

'Meghna Gulzar is maverick director'

Actor Fatima Sana Shaikh, who joined the cast of Meghna Gulzar's 'SamBahadur' along with her 'Dangal' co - star, Sanya Malhotra, has hailed the latter as a maverick director and feels blessed to be directed by her.

"I feel truly blessed to have bagged this opportunity to work with Meghna Gulzar. She is a maverick of a director, whose work I have admired and followed since very long (sic)." She called the opportunity a milestone. "I consider working with her a personal milestone. I'm super pumped to start shooting with her and I hope we have a blast."

TOP HEALTH QUERY THIS WEEK
Seasonal Affective Disorder Symptoms
ANSWERED BY MFINE'S PSYCHOLOGIST
Low self-esteem
Feeling irritable or stressed out
Changes in sleep pattern
Drugs or alcohol intake
Scan this QR code to consult a mental health expert
mfine

Pushpa: A flower of fire?

PUSHPA: THE RISE
3.0 RATING ★★★☆☆
- **DIRECTOR** Sukumar
- **ACTORS** Allu Arjun, Rashmika Mandanna
- **CERTIFICATION** U/A

Traffickers in the Seshachalam forest, police, foresters, bloodshed, moneymaking, political scandals — all elements come alive in Pushpa: The Rise. The film sees the character of Pushparaj (Allu Arjun) evolving and there is more coming in part 2.

Director Sukumar's story is nothing special but it is the filmmaking that makes it fabulous. Although trafficking is a major issue, the director has not gone into in depth. Instead, he has taken time to build the character of Allu Arjun scorches almost every scene during the 179 minutes. The intense love-making scene between Allu Arjun and Rashmika gets boring. The screenplay fails to build the grit of the story. The dull narration has an abrupt end.

The second half has no content and is filled with unnecessary scenes. Devisree Prasad, who has given us chartbusters, fails to give a good background score. Mirosław Kuba Bro ek's photography deserves an applause for effectively capturing the fight, chase scenes in the forest. Samantha's special song does not add any benefit to Pushpa.

Allu Arjun as Pushparaj does not fit the bill. The actor, who is known as a stylish star and an excellent dancer, has tried to work with action this time. For Rashmika, this is her first appearance as a village belle, and in a de-glamourous role as Srivalli. But, the character hardly has any presence in the film and is limited to two songs and four scenes. Fahad Fazil plays the role of strict policeman Bhanwar Singh Shekhawat and hopefully becomes more prominent in Part 2.

Dhananjay, plays Jolly Reddy, the villain. Despite appearing in only a few scenes, he manages to get attention from audiences. Ajay Ghosh, Sunil, Anasuya, Rao Ramesh, Allu Arjun's friends, and allies ... Everyone is adjusted to their respective roles.

With the content that Pushpa tackles, there should have been emphasis on the story, and less on the hero. The film's duration is an issue and can be trimmed for more effective screenplay. Is Pushpa a flower or fire, it is up to the audience to decide.

—Madiri